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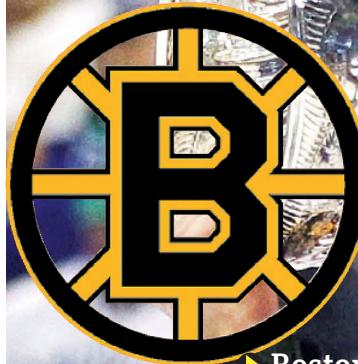
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Thursday, June 16, 2011

[www.metronews.ca](http://www.metronews.ca)



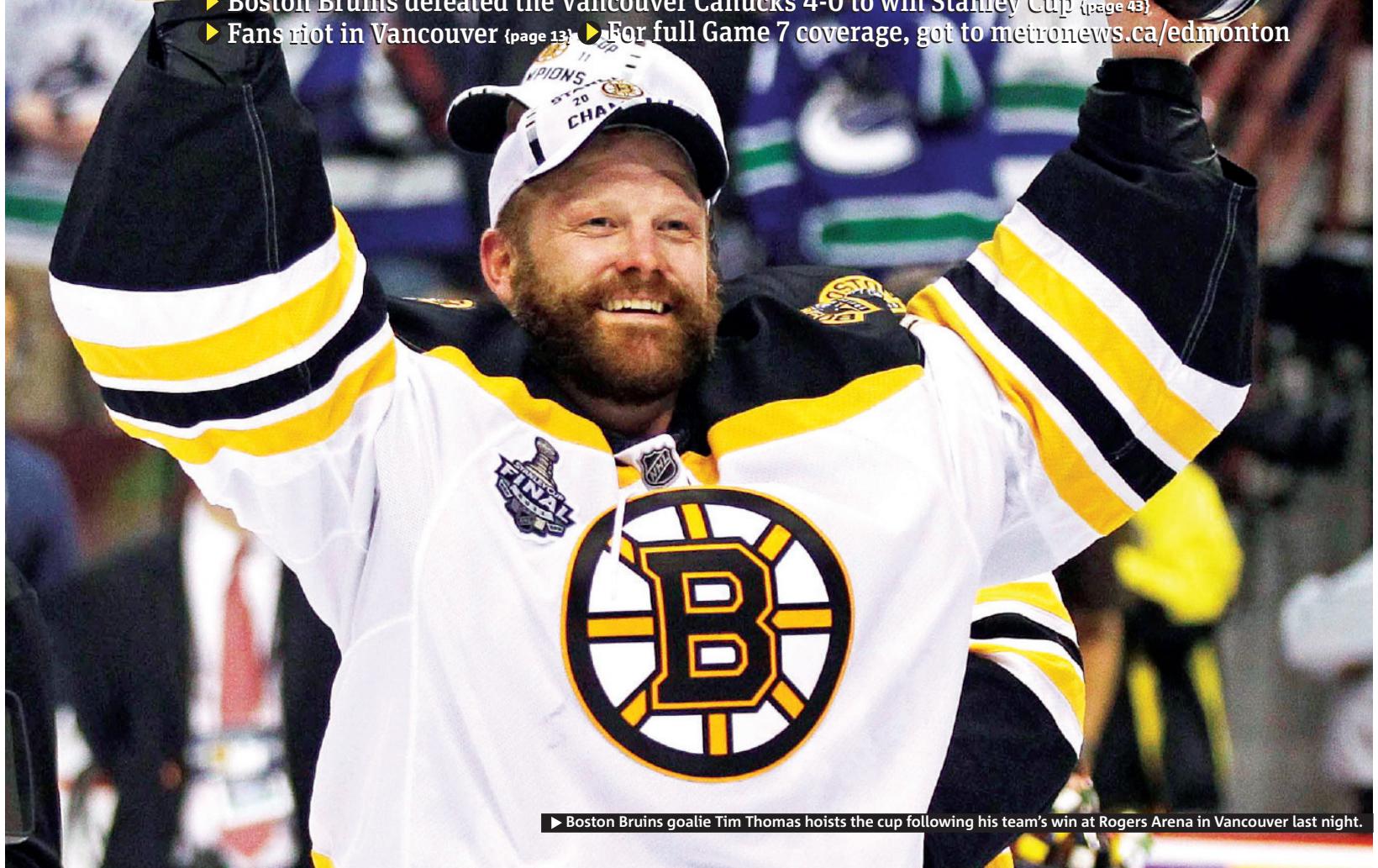
News worth sharing!



# believe it

► Boston Bruins defeated the Vancouver Canucks 4-0 to win Stanley Cup {page 43}

► Fans riot in Vancouver {page 13} ► For full Game 7 coverage, go to [metronews.ca/edmonton](http://metronews.ca/edmonton)



► Boston Bruins goalie Tim Thomas hoists the cup following his team's win at Rogers Arena in Vancouver last night.

JONATHAN HAYWARD/THE CANADIAN PRESS

Another day, another structure maintained.



WELDER

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Aug 19 to 21

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Fee: \$535

Jun 13

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Fee: \$295

Jun 24 to 25

Motorcycle Rider Safety Training Basic [MRST101]

Fee: \$499

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Jun 25

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Jul 4 to 15

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EDUCATION FOR THE REAL WORLD



## Drunk driver's sentence appealed after public outcry

Alberta Justice is appealing the sentence given to a drunk driver who killed the parents of five children.

Chad Mitchell Olsen, 24, of Sedalia, Alta., was jailed for two years and three months on April 27.

Brad and Krista Howe were killed in Red Deer on Feb. 7, 2010, after their car was hit by a truck driven by Olsen, who had three times the legal limit of alcohol in his blood.

The sentence was met with public outcry. Many wrote to the local paper calling for a stiffer sentence. **METRO**

## Bad year for bug fight, expert says

They said a slow spring might help, or windy conditions.

But the city's top bug expert has now predicted the worst summer for mosquitoes in several years.

Mike Jenkins said crews usually work on the ground, wiping out larvae in ditches and ponds, but if things get bad enough they will have to use helicopters in the fight.

A total of 450 mosquitoes were caught in light traps last week compared to 26 at the same time last year.

**METRO**



# Charities' donation cheques undelivered

- Philanthropists urged to support causes online during Canada Post strike
- Relief could be in sight as feds tabled back-to-work legislation yesterday



**SHELLEY WILLIAMSON**  
@METRONEWS.CA

With Canada Post shutting its operations Tuesday in the midst of a dispute with its unionized workers, charities have been suffering from a lack of donation cheques in the mail.

"If there's no mail coming in, there are no cheques," said Denis Meier, communications

manager at Hope Mission, adding two staff members handle sorting 300 to 500 envelopes daily.

Meier said nearly 70 per cent of donations hail from individuals.

He encourages Edmontonians to keep giving via PayPal or credit card.

"Mail strike or no mail strike, we're going to serve over 1,000 meals a day," said Meier.

Local Ronald McDonald Houses are also being im-

pacted, said Calgary and Edmonton's executive director, Larry Mathieson.

"I would say 80 per cent of its donations are by mail ... We do have a number of donors throughout the province who give \$80 or \$100 a couple of times a year," said Mathieson.

The charity, which houses families with sick children near medical facilities, relies on donations for up to 90 per cent of its operating costs.

### Role of charities

- Edmonton's Ronald McDonald House has an operating budget of \$500,000 annually, mainly via donation, to offer families rooms for \$12 a night.
- Hope Mission opened in 1929 and now offers care, shelter and meals to more than 800 people in Edmonton's inner-city daily, thanks to its supporters.

## National Aboriginal Day 2011



**Thursday, June 16 @ noon  
Edmonton City Centre Mall  
Lower Level (by the LRT entrance)**

**100 St & 102 Ave**  
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[www.aboriginal.alberta.ca](http://www.aboriginal.alberta.ca)

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Health experts offer a surprising perspective on the media's reporting of suspected cancer risks. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

### On the web

**Canucks goalie Roberto Luongo talks about where he planned to go to get into a state of pre-game serenity. Video at [metronews.ca](http://metronews.ca)**

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## COMPLAINT

**RCMP to look into health queue-jumping**

A complaint involving allegations of health-care queue-jumping in Alberta has been referred to the RCMP's commercial crimes unit in Edmonton.

Sgt. Tim Taniguchi says the unit will look at a grievance filed by NDP Leader Brian Mason to see if further action is warranted.

Mason filed the complaint last week after former Alberta Health Services CEO Stephen Duckett said in a speech that queue-jumping was going on when he took over in 2009. Duckett said government politicians allowed their favourites to move to the front of wait lists.

Mason says it could be a criminal matter if it's

determined Tory officials pulled strings to get preferential treatment.

"I believe that if politicians abused their power to bump themselves, their friends or family up in health queues, it may be a criminal matter warranting police investigation," he said in a release.

Taniguchi said there's been no decision to actively investigate.

Premier Ed Stelmach and Health Minister Gene Zwozdesky have dismissed Duckett's allegations, though the premier said last week that the RCMP should look into it to see if an investigation is needed.

THE CANADIAN PRESS

**2**

**The New Democrats have released two documents that the party says show queue-jumping has been a common practice in Alberta.**

**Drugs, weapons seized**

Three Edmonton men, all of them 23, face charges after Wood Buffalo RCMP seized drugs and weapons from a vehicle on Monday. Darren Anthony Shannon, Joseph Daniel Pfeil and Kar Hoe Leung will be in court on June 28.

THE CANADIAN PRESS

**Rain comes to rescue in wildfires**

Crews battling wildfires in northern Alberta are getting a hand from Mother Nature. Rain has been falling around the massive Richardson wildfire north of Fort McMurray. More of the wet stuff is expected to continue for days.

THE CANADIAN PRESS

# No more bright lights in the big city?

- Digital billboards a distraction for drivers, group says
- Public hearings to be held before lighting bylaw comes into effect



**HEATHER MCINTYRE**  
@METRONEWS.CA

Whether they're a distraction to every driver or not, the city is considering introducing new rules that would curb the intensity of flashy digital billboards.

Council's executive committee debated possible regulations for the outdoor signs yesterday. Among the measures suggested were imposing limits on moving images and the level of brightness, and allowing messages to change only once every six seconds.

The committee voted to move ahead on the new rules, which need some tweaking before they are presented for a public hearing.

Bruce McCurdy, a member of the Light Efficient Communities Coalition, said safety "must trump" advertising.

"We are introducing new distractions outside of our vehicles with digital signs," he said.

Under the new rules, signs would be no brighter than 400 nits, which is a measure of direct light. But coalition members think 150 to 200 nits is bright enough.

Members say the United Cycle sign at 76 Avenue and Gateway Boulevard



► Bright digital signs, such as this one at United Cycle on Gateway Boulevard, are a concern to some. As Coun. Amarjeet Sohi notes, "These signs are there to get somebody's attention. That's what they're designed for."

has been measured at 1,500 to 2,000 nits.

Coun. Bryan Anderson said he has received six email complaints about it.

"At night, it leaves sun spots in front of your face," he said. "It should not be allowed to stay that way for another day."

**Amp it down**

► City staff have been working with industry stakeholders in developing the proposed new rules.

► Scott Mackie, manager of current planning, said the city is moving into new territory regarding the standards because they're dealing with relatively new technology.

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## Alberta spoof site angers dating service

The Vancouver-based dating website Plentyoffish.com has been angered over the launch of the Alberta government's campaign to fight syphilis.

Alberta Health Servic-

es and Alberta Health and Wellness recently launched an awareness campaign that includes an Internet site called plentyofsyp.com.

The site features racy, fake profiles that mirror other dating sites to inform visitors about sexually transmitted infections.

Alberta government officials stand by their methods, stating that the campaign has led to more results with higher numbers of people getting tested.

• METRO

## Construction begins at EIA

Construction began yesterday on the new 210-room Courtyard by Marriott Hotel at the Edmonton International Airport. The eight-storey, 175,000-square-foot hotel is slated to open in the fall of 2012.

• METRO

## Distracted driving bylaw looms

The government of Alberta is expected to announce next week that Bill 16, the distracted driving bylaw, will come into effect Sept. 1. The new law will allow police to fine distracted drivers \$172. • METRO

# Inside wildfire central



### ► Nerve centre makes sure firefighters are in the right place

It seems calm enough at Alberta's wildfire command centre, but don't let that fool you.

"This is the busiest year we've ever had," air co-ordinator Mathew Christie said yesterday. "I've had seven days off since May."

The nerve centre for fighting those fires is hundreds of kilometres away on the top floor of a nondescript office tower in downtown Edmonton.

That's where about 15 people in a room with twice that many oversized computer screens talk to people in the field, process data, assess resources and make the tough calls about how many firefighters and air crews hit which fire and when.

Command centre staff process a steady stream of

#### Fire tally

- There have been 621 blazes so far this year, down from the five-year average of 757.
- But a look at the size of those fires indicates the start of a long, hot summer in the bush.
- So far, 7,000 square kilometres have gone up in smoke —almost 60 times the average.

information from 10 regional centres, as well as 150 fire towers, about what's going on in Alberta's forests.

Tips from the province's fire hotline also come here.

THE CANADIAN PRESS



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## News in brief

CONTRIBUTED



► David Usher

## Music fans to find Utopia

**WEEKEND FUN.** The first Utopia Music Festival, slated for Friday and Saturday at Hawrelak Park, is focused on the Summer of Love (1967) and celebrates summer's coming solstice.

Featured artists include Ani DiFranco, David Usher, Suzie McNeil and Lights. There will also be local artists. Visit [utopia-musicfestival.ca](http://utopia-musicfestival.ca) for ticket information.

● METRO

## Fire forces residents out

**TIME TO FLEE.** A fire at a propane bottle exchange in central Alberta forced the evacuation of neighbouring homes for several hours early yesterday.

RCMP say police, fire and ambulance crews were called to a blaze at Rapid Gas in Rimbev and found the business engulfed in flames.

THE CANADIAN PRESS

## Public board eyes job cuts

**SCHOOLS.** The Edmonton Public School Board has approved its budget for 2011-12. It includes cutting 345 positions — 229 in teaching.

It also approved a motion to reduce spending in professional development and board initiatives by 6.2 per cent.

● METRO

## Green thumbs a cure

- Outbreak of E. coli bacteria has made thousands sick overseas
- But local gardens are popular and provide a safe source of veggies

CHRIS SAVAGE  
EDMONTON@METRONEWS.CA

A recent outbreak of E. coli bacteria in Europe has made some people sick with worry over the source of their vegetables.

Last week, investigators in Germany said the source of the outbreak, which made more than 3,200 people ill, was a sprout farm in the north of the country.

This isn't a concern for the growing number of Edmontonians who are using community gardens to plant their own seeds and harvest their own produce.

Areni Kelleppan is executive director of Sustainable Food Edmonton, which engages the community in food production.

## Growing strong

- There are more than 60 community gardens in Edmonton — most of which are full, according to Areni Kelleppan of Sustainable Food Edmonton
- People pay a small fee to rent a plot in which they grow their vegetables.

"If you're growing your own food, you can see what's going into it," she said.

"If you think of commercial operations, there are all sorts of things going in your food that you don't know about."

So local gardeners plant fresh vegetables and get a cheap — and safe — source of food.



► There are vegetable plots aplenty at the Urban Eden Community Garden on Bellamy Hill.

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# Students harness the sun's energy

► Queen Elizabeth scores with solar panels ► It's a giant step toward 21st-century learning, says teacher

## Going solar

- The panels were designed by local engineering firm Howell-Mayhew.
- They cost \$15,000, which was raised through a number of grants, including ones from the Rotary Club of Edmonton and the Solar Energy Society of Alberta.
- Future projects should cost less, said teacher Aaron Dublenko, and could include wind turbines, green roofs and other energy-conservation measures.
- Past projects include solar lanterns currently being used in Haiti, as well as a third-place finish nationally on a solar oven project.



HEATHER  
MCINTYRE  
@METRONEWS.CA

There is more than knowledge being soaked up at Queen Elizabeth High School.

Five solar panels were installed on the school roof in April.

The panels generate up to 1.2 kilowatts of energy a day and have generated close to 300 kilowatts so far, which teacher Aaron Dublenko said is enough to power 10 average-sized houses for one day.

"The energy just feeds into the school, into the electricity grid," said Dublenko.

In turn, the school's carbon offset has been roughly 450 pounds, all of

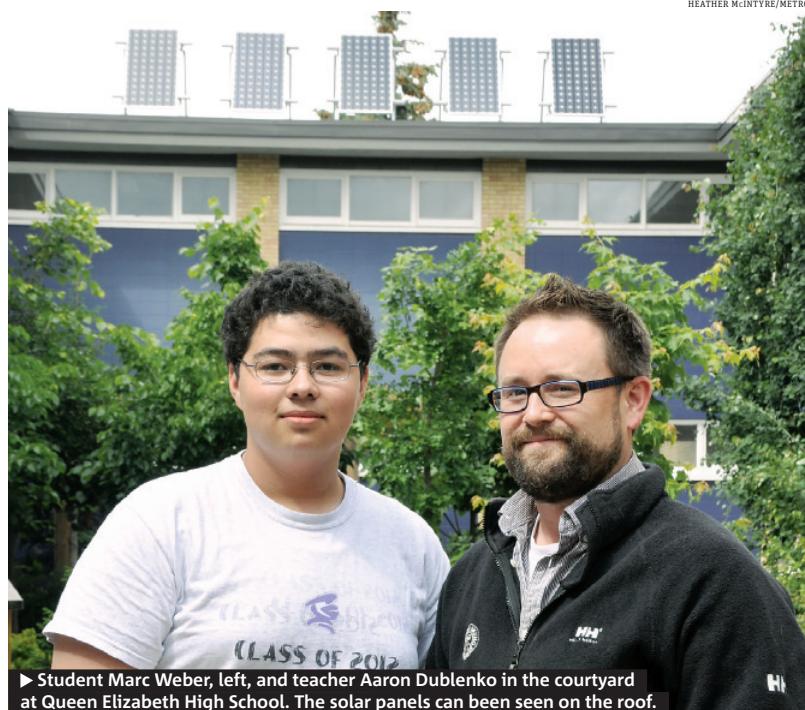
which is measured through an online program on display inside the school.

The entire project was installed thanks to a group put together by Dublenko called Student Led Initiatives for Sustainable Education.

A group of students at the school, in Grades 10 through 12, wanted to start an environment club, but Dublenko thought it would be best to take it one step further.

"We're trying to develop a sustainable school culture toward 21st-century learning," he said.

Queen Elizabeth, on 94 Street and 132 Avenue, is the first school in Edmonton Public Schools to use renewable energy.



► Student Marc Weber, left, and teacher Aaron Dublenko in the courtyard at Queen Elizabeth High School. The solar panels can be seen on the roof.

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- Family gives up and flees home after 42 snakes killed in one day

The five-bedroom house sits on pastoral acreage in the rural Idaho countryside. At a price less than \$180,000, it seemed a steal.

But a bargain it wasn't. Ben and Amber Sessions soon realized the dream home they'd purchased for their growing family in 2009 was infested with garter snakes.

The ground was so thick with snakes surrounding the home it appeared to move at times. Thronghs of snakes crawled beneath the home's siding. At night, the young couple said they would lie awake and listen to slithering inside the walls.

"It was like living in one of those horror movies," said Ben Sessions, 31.

**"It was just so stressful. It felt like we were living in Satan's lair, that's the only way to really explain it."**

AMBER SESSIONS

The family would frequently eat out because their well water carried the foul-smelling musk that the snakes release as a warning to predators.

Each day, before his pregnant wife and two small boys got out of bed, Sessions said he would do a "morning sweep" through the house to make sure none of the snakes had made it inside.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he



► The "Snake House," near Rexburg, Idaho, is believed to have been built on a snake den. It's now up for sale. Inset: Garter snakes caught by the Sessions family in 2009.

scream from the laundry room, where she had almost stepped on a snake. He rushed into the room to find that she'd jumped onto a counter.

"I was terrified she was going to miscarry," he said.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he



JESSIE BONNER/THE ASSOCIATED PRESS

couldn't do it anymore. He had waged war against the snakes and "they won."

He and his wife had little recourse, though, when they decided to flee the home. They had signed a document that noted the snake infestation. They said they had been assured by their real estate agent that the snakes were just a story

invented by the previous owners to leave their mortgage behind. But the so-called Idaho snake house was no myth, according to the Sessionses, their neighbours, and the videos and photographs taken by them and past residents of the house.

The Sessionses filed for bankruptcy. The house

was foreclosed and they left in December 2009, the day after their daughter was born and just three months after moving in.

Now owned by JP Morgan Chase, the home has stayed off the market for the past several months while Chase decides what to do with it.

THE ASSOCIATED PRESS

## EU steaming over Russia's vegetable ban

The European Union protested yesterday against Russia maintaining a broad ban on European-grown vegetables despite the identification of sprouts as the cause of a deadly E. coli outbreak.

German investigators last week said they had determined that vegetable sprouts from a farm in the north of the country were the source of the E. coli, and all indications are that the outbreak is tapering off.

The Robert Koch Institute, Germany's disease-control centre, said only nine more people were reported sick yesterday compared with the day before, bringing the total number since the start of the outbreak in May to 3,244.

That figure includes 784 who have developed a serious complication that can lead to kidney failure.

Thirty-seven people have died in Germany, most recently a 90-year-old reported by Hamburg authorities, and one person died in Sweden.



► Two costumed men attend a cucumber- and tomato-eating contest in Germany this week.

More than 100 people have been sickened in 13 other European countries and in the U.S. and Canada, according to the World Health Organization.

Russia initially banned all vegetable imports from Germany and Spain, then extended the ban to all vegetables from the EU on June 2 over fears of the E. coli bacteria.

The ban — and that of other countries — coupled with consumers within the EU staying away from vegetables before the source

was known has meant that farmers have been losing millions of euros each week.

THE ASSOCIATED PRESS

## 291M

**The European Union yesterday approved a 210-million euro (\$291 million US) compensation package for fruit and veggie farmers to help them through this devastating time.**

THE CANADIAN PRESS

### News in brief

#### Tories aim to score points

**POLITICS.** Hockey fans got a taste of Ontario's looming fall election battle during the Stanley Cup final last night.

The Progressive Conservatives unleashed new attack ads aimed at Ontario Premier Dalton McGuinty, including a television spot aired following the first period of Game 7.

As the Vancouver Canucks played the Boston Bruins before a massive audience on CBC's Hockey Night in Canada, the Tories took shots at McGuinty's record on taxes.

The Liberals also bought some advertising time during the crucial game for a 60-second campaign-style commercial that started airing across the province last week. The Ontario premier is nowhere to be seen in the party's commercial, which features McGuinty's voice, but he's not identified.

THE CANADIAN PRESS

#### Facebook hires Clinton insider

**NEW RECRUIT.** Facebook has hired Joe Lockhart, who served as press secretary during U.S. president Bill Clinton's second term, as vice-president of global communications.

The 51-year-old Lockhart will start on July 15 in his new post. Recently, the company hired two aides of former president George W. Bush as lobbyists.

THE ASSOCIATED PRESS

#### Rescue victory is bittersweet

**SUDBURY.** It was a bittersweet win for mine rescuers from Sudbury, Ont., where two miners died last week.

Vale West Mines took home gold at the recent Ontario Mine Rescue Competition in Marathon, Ont. The win was dedicated to Jason Chenier and Jordan Fram, who died in a mining accident at Stobie mine on June 8 — the day before the competition started.

THE CANADIAN PRESS

## Diplomat's alleged smuggling up in smoke

Romanian authorities say they have sent a subpoena to a Congolese Embassy official in Serbia, questioning him about involvement in a cigarette smuggling ring.

Organized crime prosecutors said they had charged the embassy's second counsellor Marc Marius Itela Elombola in absentia yesterday, a day after his wife was allegedly caught with nearly 2,000 cigarette cartons. Her Serbian driver and two other Serb citizens were also arrested and charged. The four can appeal. They face prison sentences of up to 10 years for smuggling.

THE ASSOCIATED PRESS

## 1,800

**The embassy official's wife was allegedly caught with 1,800 cartons of cigarettes from Montenegro in her car. A court in western Romania ordered Esther Pascaline held 29 days pending trial.**

# Will and Kate to mix glam, goodwill in Cali

► California trip follows visit to Canada, the Royal couple's first overseas engagement since their wedding

Prince William and his wife, Kate Middleton, plan to combine red-carpet glamour with serious charity work during a trip to California next month, palace officials said yesterday.

The three-day visit to the Los Angeles area will be Middleton's first visit to the United States.

Private secretary Jamie Lowther-Pinkerton said the duke and duchess will attend a black-tie dinner at L.A.'s renovated Belasco Theater to introduce young British film talent to Hollywood executives on July 9.

"The goal is not to meet celebrities, the goal is to connect young British talent with Hollywood decision makers, the people in the back room who put the deals together," Lowther-Pinkerton said.

The British Academy of



► Kate, the Duchess of Cambridge.

Film and Television Arts is organizing the event, called "BAFTA Brits to Watch." William serves as president of the academy.

Earlier that day, William will play at a charity polo match in Santa Barbara, with Middleton scheduled to award the trophy to the winning team.

The royal couple also plans to meet inner-city

youths involved in an arts program and to meet military families in Los Angeles to learn more about how veterans are reintegrated into society. They will pack care packages bound for service personnel in Afghanistan.

The trip to California will follow a June 30-July 8 visit to Canada, where the couple's itinerary includes Canada Day in Ottawa, visiting the Northwest Territories and opening the Calgary Stampede.

Officials said Middleton, whose fashion choices have been widely praised since she took up her official duties, would not bring a special "dresser" on the trip but would rely on an administrative assistant.

A hairdresser will be part of the entourage, officials said.

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► Fans line up outside the Metro Vancouver office.

## VAN FANS DARED TO DREAM

 **JEFF HODSON**  
@METRONEWS.CA

So it has come to this.

After nine months and more than 100 games of regular-season and playoff hockey, the league's best team was determined last night over 60 minutes.

It feels like the day when the Canucks will end 40 years of misery and heartbreak. I am, however, writing this ahead of puck drop.

In Vancouver, the sun is shining and people are out on the sidewalks in Canucks shirts and jerseys and wearing capes made from Canucks

### HOME ICE ADVANTAGE



flags.

And, because the province ordered downtown liquor stores closed before the game starts, lineups were stretching out into the street.

By 1 p.m. yesterday, 100 people lined up on the sidewalk below our office, just for a place to watch the game.

There's a real Olympic-like excitement in the streets.

I hope it has the same happy ending.

**JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER**

## Angry Canucks fans run riot after game

The same city that played peaceful host to an idyllic 2010 Winter Olympics showed a darker side yesterday as a heartbreaking Stanley Cup loss sent furious hockey fans on a violent, liquor-fuelled rampage in downtown Vancouver.

Angry, drunken revellers ran wild after last night's 4-0 Game 7 loss to the Boston Bruins, setting cars and garbage cans ablaze, smashing windows, showing giant TV screens with beer bottles and dancing atop overturned vehicles.

Tear gas mingled with the stench of acrid smoke and stale beer as riot police, truncheons drawn, moved in to quell the violence, pushing crowds away from the burning cars that were at the epicentre of the anger.

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# Careful what you tell him ...

► It's no secret — WikiLeaks is using eBay to offer a lunch date with founder Julian Assange ► Eight guests will dine at a top London resto



AKIRA SUEMORI/THE ASSOCIATED PRESS

It may be the ultimate indiscreet lunch.

WikiLeaks is offering eight people the chance to dine with founder Julian Assange as a fundraiser for its secrets-spilling work.

Bidding on eBay started Monday at \$568 a head.

The site says guests will dine July 2 at "one of London's finest restaurants" with Assange and Slovenian Marxist philosopher

## What is WikiLeaks?

- WikiLeaks calls itself a not-for-profit media organization.
- Its website says its goal is to provide an innovative, secure and anonymous way for sources to leak information.

Slavoj Zizek.  
Later that day, the pair

are due to give a talk about WikiLeaks' impact.

The U.S. is investigating whether WikiLeaks broke the law by releasing thousands of secret government documents.

Assange is on bail in Britain as he fights extradition to Sweden on allegations of sexual misconduct, which he denies.

THE ASSOCIATED PRESS

## Kids. Forced to flee



► A woman surrounded by children in a Turkish refugee camp shouts during a protest yesterday against Syrian President Bashar Assad. More than 8,000 Syrians, half of them children, have sought refuge in camps in Turkey to escape a military crackdown in Syria.

VADIM GUHRA/THE ASSOCIATED PRESS

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# Postal strike down for the count

► Labour minister serves notice that she will order posties back to work ► Bill could be debated Monday

Ottawa is preparing back-to-work legislation for Canada Post, setting the stage for a resumption of mail service as early as next week.

Labour Minister Lisa Raitt told the House yesterday that she was tabling notice of intention to introduce the legislation, meaning the bill could be up for a vote next week.

"The strike is now affecting the Canadian economy and it has an effect on third-party Canadians who

are not part of this dispute but are the ones who are suffering," she said.

But the government says it still hopes the striking parties will reach a deal before legislation is needed.

The Canadian Union of Postal Workers has also said it doesn't want to be ordered back to work, and blamed Canada Post for forcing the government's hand Tuesday night by locking out workers and suspending urban service.

THE CANADIAN PRESS

## 48 hours

- Under the rules of the House of Commons, the government must give 48 hours' notice before it can introduce new legislation. Since Parliament will not sit tomorrow, the bill is expected to be debated next week.
- Canada Post says the rotating strikes, which began June 3, have cost it about \$100 million.



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# No talks as Ottawa moves to end airline strike

Despite the threat of back-to-work legislation, Air Canada and the union representing 3,800 striking employees appeared no closer yesterday to resolving their contract dispute.

There was some dialogue between the two sides, but no formal talks were scheduled, union spokesman Darryl Bink said.

Travellers faced minor delays as striking workers staged protests at airports in Vancouver and Montreal. However, no major disruptions have been reported since customer-service

agents and other staff walked off the job Tuesday.

Ottawa has warned it could table a back-to-work bill today, saying the economy is too fragile to withstand a prolonged strike.

Ken Lewenza, president of the Canadian Auto Workers, said he would like to negotiate a settlement with Air Canada before the government forces employees back to work.

"There's one thing about legislation. It doesn't improve the workplace conditions or the morale," he said. "Our members will



not be happy with being legislated back to work. They'll be happy with a bargained settlement."

But the issue of employee pensions remains a major stumbling block.

Air Canada spokesman Peter Fitzpatrick said the company also wants to avoid back-to-work legislation. He said there has been "ongoing dialogue" between the parties at a Toronto hotel since the walkout began, focusing on possible resolutions to the pension issue.

THE CANADIAN PRESS

## Strike force

- Striking Air Canada staff received support yesterday from about 200 members of the International Association of Machinists and Aerospace Workers, who stopped working for about 20 minutes at Pearson International Airport to show solidarity.
- Some striking Air Canada workers, joined by locked-out postal workers, picketed Labour Minister Lisa Raitt's constituency office in Milton, Ont.

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# A WEIGHT OFF HIS SHOULDERS

## HE SAYS ...

JOHN MAZEROLLE  
METRO



How you feel about your weight depends on which way your waistline is headed. To an impartial observer it's static. But when you look in the mirror, you're judging it against its past — you're either losing weight and on your way to supernatural hunkdom, like the werewolves on *Twilight*, or you're gaining weight and transforming into a disgusting amorphous creature from *Star Trek*, like William Shatner.

I had been bound for late-era Captain Kirk but, having lost 15 pounds, am now headed to Werewolf Central. Rowr.

Like most dieters, I needed some symbolism to get me going. I'm betting more people begin losing weight at round numbers like 200 or 250, then at, say, 242. Something about a big, round number makes you feel big and round.

For me, it was 190. That won't get me on *The Biggest Loser*, but it's all relative. For some men, it takes sinking a paddleboat at a theme park before they decide to get in shape. For some teenage girls, they see the shape of a recently eaten Triscuit poking through their ribs and christen themselves Shamu, Whale of the Schoolyard.

In my case, I noticed one morning that my belt had become redundant. I could have painted a belt on my jeans and saved the trouble of putting it on.

As for waistline direction, I had watched myself grow by 70 pounds in 12 years, which means I would have weighed 400 pounds at age 76. I don't have enough friends to carry that casket.

So I decided to try that new diet of eating less and exercising more. And given my small amount of success, I now have the hubris and vanity required to tell you how to avoid becoming a blimp. Oh, the hu-vanity!

Here's how to be a loser like me:

- Skip breakfast: It thinks it's the most important meal of the day and, frankly, I'm sick of its attitude.
- Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift.
- Choose empty calories, which are presumably lighter than full ones.
- Pick your poison: Two health studies were released this week. One showed that a low-carb diet will save you from cancer, the other that a high-carb diet will save you from Alzheimer's. The choice is yours!

That's what it takes, readers. Heed the advice of me, the future werewolf, or be doomed to eternal tubbiness.

And remember, I haven't gotten a fat head. It's just big-boned.

Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)

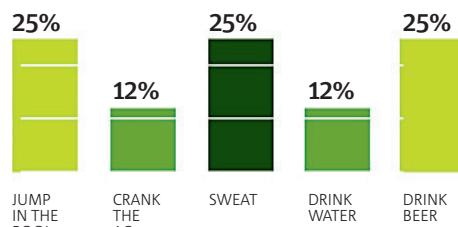


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## Local tweets



- @TherealCmac: Hey #yeg just a heads up, having all the lights on 109st red at the same time ... then green at the same time ... won't help traffic jams ...
- @YEGmamaMD: I love passing those long lines of traffic when I'm walking home. #yeg
- @lsquaredstyle: What happened to that awesome weather in #yeg this past weekend??
- @Whyvinne: Good morning. Gotta love Edmonton weather. From flip flops to
- @CityofEdmonton: Architect Gene Dub, the visionary behind Edmonton's iconic City Hall, was just inducted into the Salute to Excellence Hall of Fame! #yeg

## Worth mentioning

**TORONTO.** A new report on tablet usage in Canada suggests consumers have eagerly adopted the expensive devices and sales may double in the next year.

A survey conducted by the Media Technology Monitor, a product of CBC/Radio-Canada and BBM Analytics, suggests about five per cent of the population already has a tablet. The group estimates sales will push tablet ownership to 10 per cent in 2012.

It was just a little more than a year ago that the Apple iPad first hit the market in Canada, introducing mobile tablet computers to consumers.

Now, awareness of tablets is "virtually universal," the report suggests, with more than nine in 10 Canadians having heard of the iPad or another tablet.

Consumers who bought into the early tablet hype are mostly very happy with their purchases, the survey results suggest.

About 88 per cent said they would either definitely or probably recommend a tablet to friends and family based on their experiences.

**THE CANADIAN PRESS**

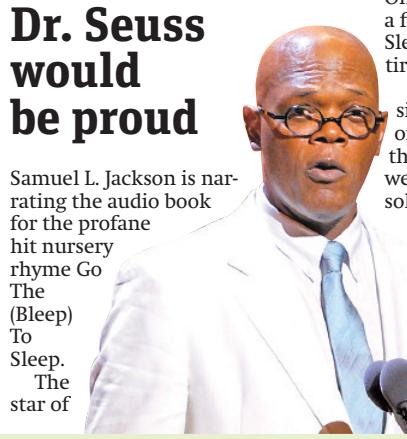
## Cartoon by Michael de Adder



## WEIRD NEWS

### Dr. Seuss would be proud

Samuel L. Jackson is narrating the audio book for the profane hit nursery rhyme *Go The (Bleep) To Sleep.* The star of



such films as *Pulp Fiction* and *Snakes On A Plane* is known for his way with a four-letter word. *Go The (Bleep) To Sleep* is this summer's surprise hit by tired dad Adam Mansbach.

The hardcover book and audio version went on sale Tuesday. Pre-orders have kept the book high on the Amazon.com bestseller list for weeks. Film rights have already been sold. A free download of the book is available through audible.com.

Jackson, 62, was a presenter at Sunday's Tony Awards. He is set to make his Broadway debut this fall as the Rev. Martin Luther King Jr. in *The Mountaintop*.

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Turkey says Angelina Jolie can visit Syrian refugees who have fled violence and are camped out on the Turkish side of the border. Foreign Ministry spokesman Selcuk Unal said yesterday the Hollywood celebrity and goodwill ambassador for the U.N. High Commissioner for Refugees might arrive in Turkey on Friday, but that the date remains uncertain. At least 8,000 Syrians have fled to Turkey to escape a crackdown on an anti-government uprising.

THE ASSOCIATED PRESS



Oscars shakes up best picture nominee rules, will now allow between 5 and 10 films

# Hands-on fashion show for charity

► YEG Fashion Show benefiting Children's Autism Services of Edmonton  
► Stanley A. Milner building hosting this year's event ► Tickets are \$20

## BACKSTAGE PASS

JENNIFER LARAWAY  
METRO EDMONTON



It's not very often you hear about a model rolling up his or her sleeves to make a fashion show come together. Having been behind the scenes of many fashion shows, I can tell you for the most part, the model shows up, gets dressed, and walks the runway. Repeat. But, for the YEG Fashion show, it's a whole other story. Rose Rosales, CEO of Nouveau Riche International Model and Talent Management, says her models prepare for the seasonal shows by actually "going to the stores and working with the designers." They are very hands-on when it comes to collaborating with the retailers and pick-

### Event details

► Auction. 100 per cent of silent auction sales go directly to the charity. This show marks the fourth season and fundraiser for the agency. Nearly 250 people are expected for tomorrow's event



ing out the clothes for the show.

It's a little unconventional but it's also all-hands-on-deck when it comes to the YEG Fashion Show, which supports different local causes with each season and set of shows. This season, the agency is partnering with Children's Autism Services of Edmonton.

Needless to say, this co-ordinated effort takes months of planning.

"We work with the cause to spread the word months in advance," says Rosales. "Then we take

great care in selecting a venue and silent auction partners."

In fact, two retailers will set-up shop in the venue lobby so you can literally buy clothes off the runway. While shopping or bidding on some amazing silent auction item, you'll be entertained by the carefully selected pop-artists and performers Michael Falconi and Hollywood D.

It's thanks to Rosales careful event planning and strategic partnering that Nouveau Riche International is able to present this all-ages show at a ridiculously affordable price. Adults: \$20, seniors and students: \$10, and kids \$5. The show goes from 7 to 9 p.m. tomorrow night at the Stanley A. Milner Building Theatre (B floor, 7 Sir Winston Churchill Square). Getting hooked up with the after party is simple: if you're over 18 and have \$5 burning a hole in your pocket, you're in. It takes place at the Empire Ballroom in phase two of West Edmonton Mall. For more information on the show or to get tickets, visit [nouveaurichemanagement.com](http://nouveaurichemanagement.com).



## Thousands expected for Pets in the Park

The annual Pets in the Park event is an example of what happens when you dream big. What started out as a small gathering in 1992 has flourished into one of the most popular events in the city. Now in its 19th year, it takes an entire team six months to plan just a few hours of Pets in the Park. media relations and marketing guru Shawna Randolph explains the festival.

"It's a fantastic festival for the ultimate pet lovers. Plus, it's the only day of the year where you can bring your pet to Hawrelak Park."

In fact, up to 10,000 people and their pets are expected to turn out for the Edmonton Humane's Society most significant fundraising event of the year, which takes place from 9 a.m. to 4 p.m. on Sunday, June 26.

Keeping everyone entertained is a plethora of activities for the furry and furry-at-heart. Fun-run and walks take place from 10 to 11 a.m., while agility, disc-dog, and sheep-herding demonstrations occur throughout the day. For more information, including shuttle bus service or to make a donation, visit [edmontonhumane.com](http://edmontonhumane.com). ● JENNIFER LARAWAY

# Big voices come together

Christina Aguilera and Adam Levine of NBC's talent show The Voice are putting their voices together on a new Maroon 5 single. Aguilera is featured with Levine and his band on the tune Moves Like Jagger, which will be released next week on iTunes. They'll perform the

song on the June 21 episode of The Voice.

The studio version will be available to buy online following the show, NBC announced Tuesday during this week's episode.

The track was recorded last month in Los Angeles, Levine said in a statement, adding that it was "great" getting to work with Aguilera.

THE ASSOCIATED PRESS



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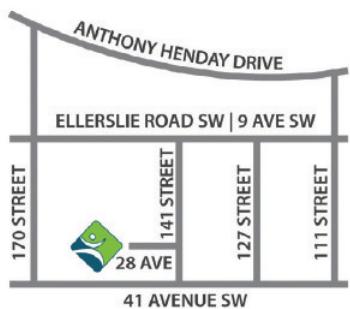
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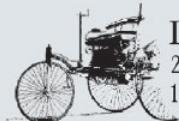
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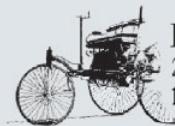
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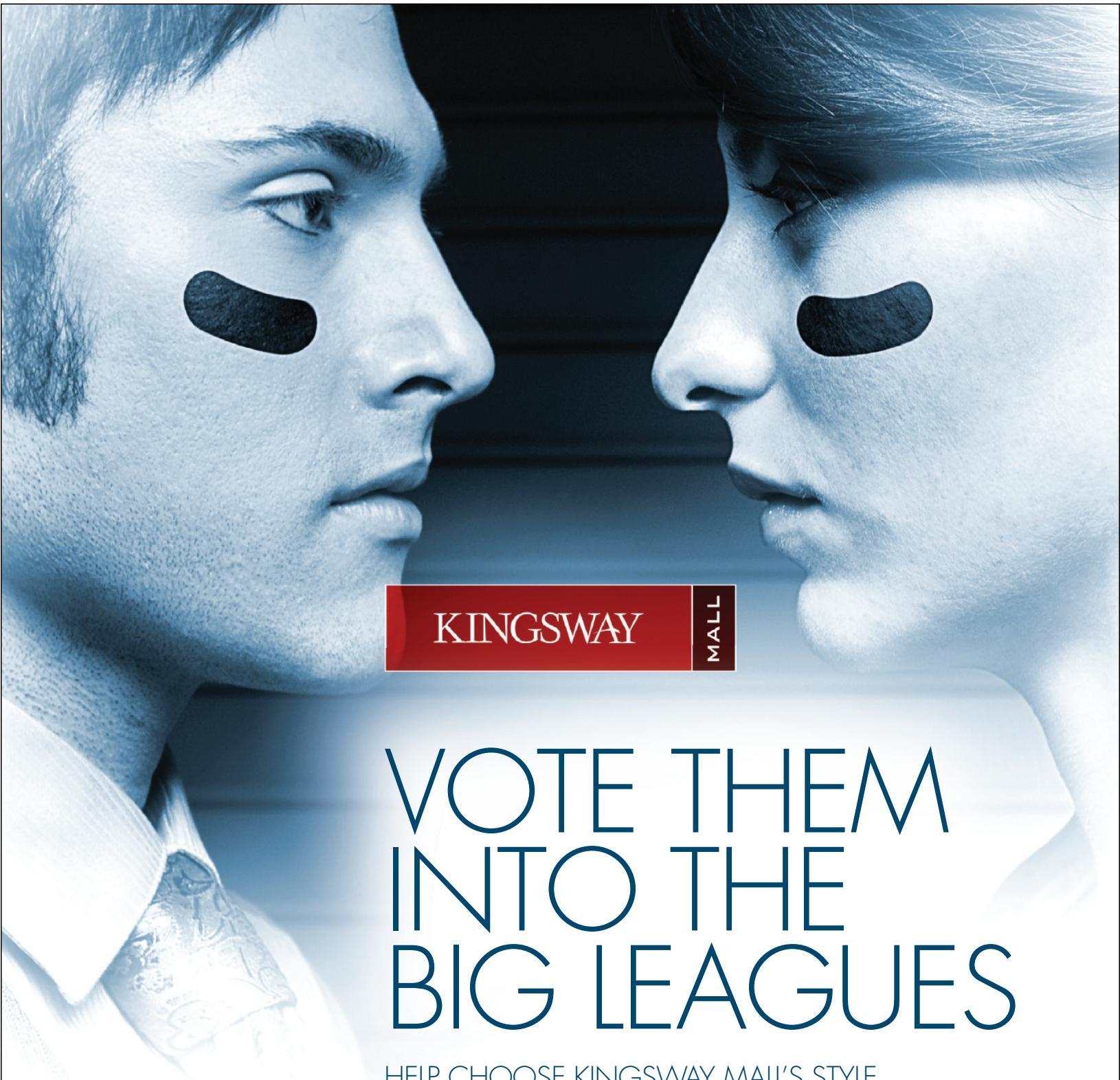
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# Shania Twain returns to spotlight

► Country-pop darling back with the radio-friendly tune, Today Is Your Day ► Release is timed with the finale of her reality TV series, Why Not? With Shania Twain ► Show tracks star as she revives her singing chops

Shania Twain has released her first new song in years, but the inspirational piano ballad Today Is Your Day should sound familiar enough to her legion of fans.

The 45-year-old country-pop superstar's new tune, Today Is Your Day — the first song she's written on her own in six years — hit iTunes following the U.S. finale of her reality TV show Why Not? With Shania Twain, which aired on OWN.

The radio-ready single finds Twain purring an ode to resilience and redemption that would have fit right in on one of Twain's earlier smash-hit discs, the latest of which, Up, was released way back in 2002.

After that, Twain took a break that just seemed to extend on and on. Her career eventually seemed to stall completely, as she recovered from the breakup of her marriage to hit-making producer Robert (Mutt) Lange. But Today is only

the latest step in Twain's ongoing comeback. In recent months the notoriously private singer has opened up with a reality TV series and a revealing autobiography, and last week said she would taking a two-year residency at Caesars Palace in Las Vegas beginning in December 2012.

And those who have paid attention to Twain as she's gone public with the pain of her divorce — which she says caused her to lose her singing voice — won't have much trouble interpreting the lyrics to her latest single.

The tune finds Twain summing up her recovery in Hallmark-worthy slogans, as she sings: "When somebody throws sticks and stones/ All they can break are your bones/ And life's gonna kick you around/ And then kick you again when you're down/ But today is your day/ And nothing can stand in your way."



► Singer Shania Twain is shown arriving at the 2011 CMT Music Awards in Nashville, Tenn. on June 8.

The new song had already cracked the top 15 on iTunes' singles sales chart by Monday morn-

ing. Twain said in a recent interview that she planned to spend the summer crafting her first

new album in nearly a decade, but that she wouldn't rush it. She also pledged to "experiment"

with her sound, and indicated that her next record could signal a stylistic departure. **THE CANADIAN PRESS**

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# Tori and Dean: Wedding planners

► In their new series the Hollywood couple (who eloped themselves) plan nuptials for nine other pairs

► Tori says she's OK after accident

Tori Spelling says she and her children are in good health after a car crash in Los Angeles earlier this week.

"We're all doing fine," the pregnant TV star said Tuesday in a phone interview to promote Thursday's Canadian premiere of her series *Tori & Dean: sTORIbook Weddings* on Slice.

On Monday, Spelling revealed on her Twitter page that she got into a crash after a chase involving the paparazzi.

"Paparazzi chased me w/the kids 2school. I was trying to get away from him and had a pretty big accident," wrote Spelling, who has two children — Liam, 4, and Stella, 3 — with Toronto-born actor Dean McDermott.

"Took down whole wall of school. He thn STILL got out to try to get pics. 10 school moms chased him away. Wht will it take? Someone dying for paparazzi to stop? Going to dr now to check on baby. I think its just shock."

**"Dean and I ... love our love story and we wanted to see others find their happy endings."**

TORI SPELLING

On Tuesday afternoon, Spelling confirmed that she is in good health, but wouldn't go into detail about the incident.

Spelling and McDermott are expecting their third child in the fall. They said they haven't found out the baby's gender because they want to it to be a surprise.

In *Tori & Dean: sTORIbook Weddings*, Spelling and McDermott plan nine other couples' nuptials in California in about three months.

In the first episode, they organize a pug-themed wedding for a Jewish couple who have two pug dogs. Adornments at the celebration include tuxedos and yarmulkes for the pugs to walk down the aisle with, and a "pug lounge" with dogs ready for adoption.

"I cried at every single wedding, I'm a total sap," said Spelling, 38.

"You get to know these couples on such an intimate level. Once we start working with them, from the first meeting we have, we're with them, like, every single day, all day long, getting to know them."

Spelling said Oxygen TV network in the U.S. proposed the idea for the series to her and McDermott, knowing that she loves to plan parties, and she could

n't resist.

"I was really excited to do weddings just because Dean and I love love, you know — we love our love story and we wanted to see others find their happy endings, so it was a good marriage," she said.

McDermott said doing the series made him want to run to the altar again with Spelling, with whom he eloped on the Fiji Islands in 2006.

THE ASSOCIATED PRESS



## TV picks

### Hollywood weddings

**REALITY.** *Tori Spelling and Dean McDermott* are back with yet another reality show premise, and given each of their personal histories, this one's a doozy. *Tori & Dean: sTORIbook Weddings* has the infamous duo helping couples put on dream weddings. Yes, the celeb pair who ditched spouses in order to be together is doling out marriage advice. (Slice)

### It's the end of the world

**SCI-FI.** The Canadian film *Last Night* features a bevy of homegrown stars in this account of big-city dwellers scrambling to make the most of their final day on earth. At the stroke of midnight, the world is going to end and terminally shy Patrick Wheeler (Don McKellar) makes a love connection with a beautiful stranger (Sandra Oh). Meanwhile, over-sexed Craig (Callum Keith Rennie) puts the moves on half the girls in town and winds up with his former French teacher. Also stars Sarah Polley, Charmion King, David Cronenberg, Tracy Wright and Arsinee Khanjian. (VisionTV)

THE CANADIAN PRESS



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## Mental illness doesn't stop Mandel

Canadian funnyman Howie Mandel had them rolling in the aisles in Banff this week, even though the subject was really no laughing matter.

The actor, comic and game show host received the award of distinction at a ceremony at the Banff World Media Festival — an annual gathering of TV writers, producers, broadcasters and stars.

"I have mental health issues as it is and as I sit and talk to you I am medicated so the highs and the lows aren't really bothering me. I'm just floating in the middle," acknowledged

Mandel, 55, in a question and answer session before a large audience.

"I am tortured but I came to this game pretty tortured," he said, then smiled and asked: "Why are you laughing at me when I said I'm tortured?"

Mandel has both obsessive compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD) and has written about both in his autobiography "Here's the Deal: Don't Touch Me."

But Mandel finds it therapeutic to talk about his upbringing in the Toronto area where he says he was

always a loner and had no friends.

"I weighed 89 pounds and my voice didn't change and I didn't shave and I looked like a girl. I could stand in the ladies room and brush my hair. That's how I met my wife. Second date she found out I was a guy," he said with his trademark laugh.

"I don't want to touch things. I was always nervous and neurotic and afraid."

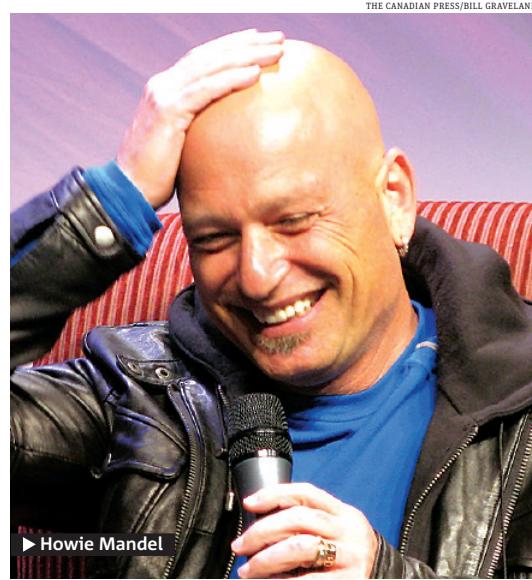
"I wouldn't tie my shoelaces at school. If mine came undone, I wouldn't pick them up to retie them because the laces were on

the floor," Mandel said.

"I'd be angry. I would be anxious and angry and then I'd go home and take a shower until my Mom would say it was dinner time. I would be in the shower for hours and I'd use every towel."

His mental health issues don't appear to have held him back in his career. He did gigs at Yuk Yuk's comedy club and spent six seasons on *St. Elsewhere*. He also began hosting *Deal or No Deal*, which was difficult for a man who doesn't want to shake hands for fear of germs.

THE CANADIAN PRESS



# Fresh move for the 'Boys'

## ► Trailer Park Boys drive forward new demented series

New series from the Trailer Park Boys and Kenny vs. Spenny star Kenny Hotz are headed to the specialty channel, Action.

The Drunk and on Drugs Happy Funtime Hour and Kenny Hotz's Triumph of the Will both debut July 22.

The Drunk and on Drugs Happy Funtime Hour reunites Trailer Park Boys stars Mike Smith, Robb Wells and J.P. Tremblay in a six-part miniseries about a demented sketch-variety TV show.

The story is set in the fictional town of Port Cockerton, where the cast of The Happy Funtime Hour ingest a hallucinogen and believe they are the characters they portray on the show.

Guest stars include Jay Baruchel, Amy Sedaris, John Dunsworth and the late Maury Chaykin.

Meanwhile, Kenny



► From left: Trailer Park Boys Julian (played by John Paul Tremblay) Bubbles (Michael Smith) and Ricky (Robb Wells) are shown at the world premiere of their movie, *Trailer Park Boys 2: Countdown to Liquor Day* in 2009.

Hotz's Triumph of the Will finds Kenny "taking on nearly impossible missions," like proving that pigs are too smart to be eaten and trying to find love for his widowed moth-

er. Action says adding original Canadian content is a first for the network, where the schedule is dominated by high-octane Hollywood films.

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# It's a baby boy for Natalie Portman

## ► Academy Award winner says she'll be out of public eye for a while

Natalie Portman has given birth to a baby boy, according to People magazine.

The Oscar-winning ac-

tress and the baby's father, dancer and choreographer Ben Millepied, met on the set of *Black Swan* and are engaged to

be married. Portman has already confirmed she'll be avoiding the Hollywood spotlight for the time-being. "I'll be

out of the public eye after [the baby's born]," Portman told People magazine.

● METRO



► Natalie Portman



► Denise Richards

## Richards: There were some good times

Denise Richards has penned a memoir about her marriage to Charlie Sheen, but "it's not a tell-all," she insists to Radar Online.

"I get into the good stuff about my marriage, because people have only read the rotten stuff. So, you know, there was a beautiful love story between he and I and then it went the way it went."

Of course, the beautiful love story didn't have the happiest of endings, which Richards says she'll also address.

"I think a lot of women can relate to that, going through a divorce and custody and being a single parent, trying to work and all that stuff."

The book is due out July 27.

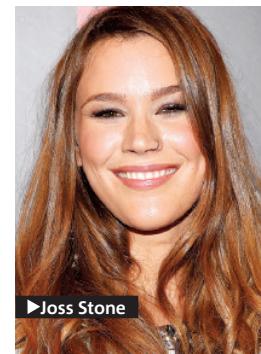
● METRO

## Arrests over threats to singer Joss Stone

Joss Stone is likely sleeping more soundly now that police in England have arrested two men who were reportedly planning to rob and murder the soul singer, according to OK! Magazine.

A spokesperson for the Devon and Cornwall Police says officers responded to a call about a "a suspicious-looking vehicle" and arrested the two men, who were carrying swords, rope and a body bag.

● METRO



► Joss Stone

## Lopez may not return to Idol

Despite a successful season as a judge on American Idol, Jennifer Lopez isn't sure if she'll be back next year.

"I don't know. I haven't been forced to make a decision and I'm glad about that because honestly I'm very on the fence about it," she tells BBC Radio.

"I had an amazing time doing it and I love it but I have a lot of other things happening, and it's going to come down to me making a choice of what I



► Jennifer Lopez

want to do for the next year."

● METRO



► Justin Timberlake

## Justin likes to mellow out

Justin Timberlake has revealed one of his preferred relaxation techniques: smoking marijuana. "The only thing pot does for me is it gets me to stop thinking," Timberlake tells Playboy. "Sometimes I have a

brain that needs to be turned off. Some people are just better high." And after working his way from a teen sensation to a successful grown-up musician and now a film star, the chronic overachiever admits he

needs a little help to stop and smell the roses. "I feel I'm just getting to a point in my life where I'm looking around, going, there's a lot to enjoy if I can just sit still, actually stop and take more time," he says.

● METRO

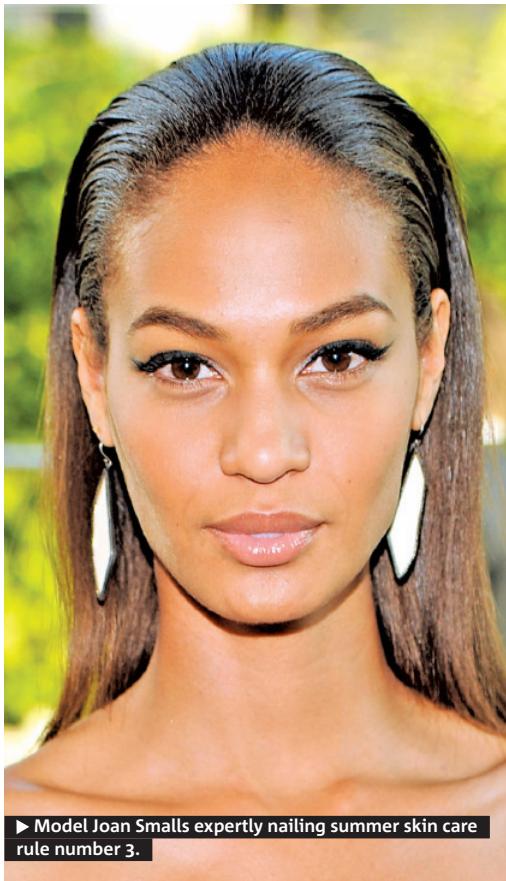
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METRO WORLD NEWS

# 3

life

### Trend of the week

## FANCY HATS

Kate Middleton kept the fancy headpieces coming during a string of royal gatherings last week.



Canadian designer Nada Shepherd suspends operations of NADA label.

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## THE KIT

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- Mary Kay Liquid Lip Color in Royal Plum. \$18, [marykay.ca](http://marykay.ca)
- Smashbox O-Gloss Noir Intuitive Lip Gloss takes its colour cue from you. \$26, [smashboxcanada.com](http://smashboxcanada.com)
- Fresh Sugar Plum Tinted

Lip Treatment SPF 15. \$25, [sephora.com](http://sephora.com)

### Brighten Up!

Crest and Oral-B have teamed up to introduce a whitening system that can brighten teeth in just one day. The 3D White collection includes whitening strips, toothpaste, a rinse and a vibrating toothbrush. Items sold separately, [3Dwhite.com](http://3Dwhite.com).



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# Taking handbags to new heights

## ► 6-foot-3 designer L'Wren Scott sizes up her styles

It turns out that tall-drink-of-water L'Wren Scott is self-conscious about being so tall.

Scott, the model-turned-stylist-turned-designer, appeared at the flagship Barneys New York store on Wednesday to launch her handbag collection. As she designed each bag — the weekender, the shoulder bag, the clutch — she kept in mind the size of each piece.

How long are the straps? How wide is the frame? How far does it open? She said it's how she approaches everything. "I am obsessed with proportion, and how proportion is perceived."

Scott stands 6-foot-3, and it feels as if she's been that tall forever, she said. She told a crowd of fashion-centric bloggers in a session moderated by Adam Glassman, creative director of O, The Oprah Magazine, that she was charged the adult price of \$1 instead of 75 cents at the small movie theatre in her Utah hometown long before she turned 12, the official turning point.



► L'Wren Scott and boyfriend Mick Jagger

Height drives her own fashion choices. It's why she doesn't wear poufy, Doris Day styles, opting instead for lean silhouettes, Scott explained, and she thinks most women operate the same way: Once they find a look they like, they stick with it.

The skirts and dresses in her collection usually are often in three lengths — mini, just above the knee and just below. She chose a rose-coloured, pencil-skirt suit with jewelled buttons paired with kitten heels for this appearance.

Her runway show is a top-tier, A-list event, which draws mostly her friends such as Kyra Sedgwick and Ellen Barkin, and boyfriend Mick Jagger. On the red carpet, she has dressed Nicole Kidman, Penelope Cruz and Drew Barrymore, among others.

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# Super cool runnings

With so many running shoes on the market, picking the right pair can be a game of Roulette. Get to grips with the science behind the soles

**RICHARD PECKETT**  
WWW.METRO.LU  
METRO WORLD NEWS IN LONDON

Modern running shoes are now packed with enough research, stats and techy know-how to cater to your foot's every curve and contour. Here are some of the slickest shoes on the market.

#### Nike LunarGlide +3

\$100, [nikestore.com](http://nikestore.com)  
(available July 1)

LunarGlide sounds pretty damn space-agey and the technology behind the shoe is pretty out there too. Its Dynamic Support system, marries super-soft Lunaron core foam and firmer carrier foam to give you the feel of running on air.

#### Asics GT2160

\$100, [asics.com](http://asics.com)

This is the perfect option for over-pronators (when the foot rolls inward to an excessive degree), thanks to the built-in guidance lines – think of them as pathfinders for your feet.

#### adiSTAR Salvation

\$140, [adidas.com](http://adidas.com)

Are you one for burning some serious rubber? If so, try out the Continental rubber tread on the Adidas Salvation. Yes, they're the makers of heavy-duty, car tyres, so they should know a thing or two about stopping a wet weather foot spin.



#### Shoe savvy

To find out what was behind all the footwear techno babble, I visited the team over at ASICS to have my feet put through their paces.

First up: the foot scan to discover the ins and outs of your tootsies like foot length, arch height and heel angle. Yes, that means exposing your bare feet but no one's judging – my feet are the type you'd see on a 'before treatment' poster at the chiropodist. Following the scan, you'll be slipped into the first test shoe and put to work for 30 seconds on the treadmill for a gait analysis. From here, the expert analyses your level of pronation (the foot's natural roll).



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## One shoe, two shoe, brown shoe?

Lock away those squeaky, black wingtips. Brown shoes are the fad

A trendier, more casual brown shoe might be becoming the standard in men's footwear, as men – even those wearing suits – look to replace their black wingtips.

The shift is being fuelled by changes in fashion, the economy and lifestyle, says Paul

Grangaard, CEO of Allen Edmonds. Men, most of whom are not serial shoppers, put a high priority on function, he says, so if a shoe



can be worn with both grey flannel trousers and jeans, that's the

one they want. (And, yes, it is OK to wear brown with grey and even with black, say the experts.)

Shoe designer Alejandro Ingelmo says he wears the same brown lace-up brogues with their perforated decoration almost every day,

switching up into sneakers for running and a dress-casual boot for winter and weekends. He's experimenting with lighter sand shades for men, and he'd also like to see a shift from the very square toe to a rounder shape.

It took years, though, for the collective eye to transition from black to brown, so any other changes might take some time to catch on.

"With a lot of men, probably most men, when they hear about a trend

change, they get nervous," says David Lawrence, director of merchandise for the national retailer Men's Wearhouse.

"They need to see something an awful lot before they feel that they want to wear it. Most men don't want to feel like they are on the cutting edge."

Brown has probably been in their closets for years, it just wasn't the go-to colour, but it's not jarring, Lawrence says. It is an earth tone, after all.

THE ASSOCIATED PRESS

# Choosing a couch colour

► Be on trend but play it neutral when choosing a sofa ► Consider your lifestyle and the room it lives in

## DESIGN CENTRE



KARL LOHNES  
HOME@  
METRONEWS.CA

Q:  
Hi Karl,  
I have an  
open

concept living room and dining room space. My floors are dark brown and the walls are a medium grey tone. I wanted to know what colours I should consider when buying the living room couch and chairs. Any recommendations?

-Michael, Etobicoke, Ont.

### Invest in quality

A: The first thing to choose is the largest piece of furniture, which is the sofa.

It's also the largest investment so make sure you shop around and choose the best quality that you can afford.

Your sofa should last you at least five to 10 years so the style, fabric and quality should be the best you can afford.

**Think lifestyle**  
Choose a style of sofa that suits your lifestyle and the space you are putting it in.

Will you be watching television on this sofa? If so, you will want a sofa



► A mid-century styled sofa with low back and modern tufting adds a sophisticated look for a great price. Cedric Sofa, \$999, Urban Barn.

with deep seats and soft, comfortable cushions.

If you are using your living room for cocktail entertaining, then a firmer seat cushion and well supported back will be important.

### Don't be afraid to mix it up

Usually, in an open concept space you want to use a variety of furniture heights; if all the chairs and sofa are the same height it will add a boring look to the living area.

I suggest a lower back sofa and two taller-backed chairs in the living area.

### Size matters

Consider the right sized sofa for the room.

Here's the rule of thumb: the sofa's length should be 2/3 of the room's width.

For instance, if the room is 10-feet wide, then a sofa 65 to 75 inches long will fit most comfortably.

Chairs that blend with the sofa's style (square-ish



► An open-backed wooden chair will allow a smaller space feel visually more open. Ankara Chair, \$799, Crate and Barrel.

arm styles, deep seating, quality and construction) but do not match will work best.

This will help give the room an eclectic look instead of a matchy set that you pulled from a department store window.

**Furniture advice**  
I suggest keeping the styles of furniture modern/retro as it is a look in contemporary furnishings that will be around for a while.

It also gives you the opportunity to add some au-



► Unique shapes add personality to a room with accent furnishings. Aluminum Wood Side Table, \$199, West Elm.

thentic mid century modern cabinets or tables to the room (easily and inexpensively found on Craigslist and Kijiji which are free buy/sell websites).

### Karl's tips

► **Styles** Keep overall styles clean lined and modern.

► **Tones** Match fabric and wood tones to what is already in the room; browns and greys which are both great neutrals.

► **Accessorize** Add colours to the room through art, area rugs and pillows.

► **Complement** Dark purple tones would be on trend and complement the deep brown and grey colours.

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# If these walls could Talk

► **Inexpensive and easy to install, decals are popping up on walls in every room of the house ► But do decals pass the style test?**  
 ► **Three top interior designers weigh in**

Wall decals have quickly become the fast food of home decorating.

Inexpensive and easy to install, these peel-and-stick pieces of vinyl are popping up on walls in every room of the house.

From pithy sayings and motivational phrases to bold graphics and even wall-size murals, decals come in every shape and size.

The convenience is obvious: They add a dash of colour and graphic punch with practically no commitment.

Bored with one? Peel it off and move it elsewhere. Or, assuming it cost you only a few dollars, throw it away when you're ready for something new.

But do decals pass the style test? We asked three designers for the scoop on how, where and whether

to decorate with this new generation of decals.

"Those old-fashioned, 'Home Is Where the Heart Is' kind of sayings in that script, I think those are a little cheesy," says designer and TV host Sabrina Soto, a guest designer on HGTV's new series HGTV'd.

But Soto, Betsy Burnham of Los Angeles' Burnham Design and Brian Patrick Flynn of decordeamon.com all agree there are ways decals can work well — especially if they're used with a dose of irony and humour.

In traditionally decorated homes, decals can look tacky.

But in homes already decorated with a modern sensibility, decals definitely have their place.

#### SMALL SPACES

In a spare room or an awkward space that's hard to decorate, try a single, graphic image decal.

"It gives depth to a room and gives some interest to the architecture," Burnham says.

Many retailers offer black silhouettes depicting things like lamps or chandeliers that add interest to an otherwise blank wall.

(Just remember, Soto says, that adding a lighting fixture like this doesn't actually add any light to the room!)

In small bedrooms, a headboard decal is "a great way to have fun without taking up any space," Soto says.

You can also find decals depicting chairs or other furniture.

"Having one object like that is kind of cool, especially if you have a space in a room that you just don't know what to do

with," Soto explains. "It's kind of the same thing as wallpapering an accent wall. This is just a lot easier."

#### COOL KIDS' ROOMS

If you avoid the licensed-character decals depicting popular cartoon characters, you can actually bring some style and sophistication to kids' rooms with decals.

Try oversize images of the outdoors (Target.com offers a wall-size close-up of a patch of bamboo) or letters and words (but not those excessively heart-warming ones).

To evoke cartoons without putting actual cartoon characters on the walls, Scribbleoneverything.co m offers words like Bam, Pow and Kaboom!!! in decal form.

They also offer customized "thought bubbles" that can be printed to say anything you can dream up.

#### DORMS AND FIRST APARTMENTS

Decals are "excellent for dorms because they're trendy in spaces where you can't actually paint anyway," Flynn says.

With little expense, young adults can get creative with images and colours.

Their options for indulging in irony and sarcasm are endless (those customizable thought bubbles, above, are just one example).

And it's simple to move designs around the space as often as you wish.

"In rental spaces," Burnham says, "it's such a better idea than having to paint and then paint it back" again before you move out.

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► Easy-stick fun: The Little Boutique wall decal of a tree (released by Toys "R" Us)

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# Picturesque picket fences

► A picket fence adds instant charm to entranceways and showcases landscapes while providing privacy

## DIY IDEAS

Follow the steps below to give your picket fence some DIY TLC. Nicole Curtis hosts Rehab Addict (airing Wednesdays at 10 p.m. ET on DIY Network Canada), returning run-down historic houses to their former glory.

### Spruce it up

You should power wash a picket fence every year, and paint or stain it every other year. Use a hose or pressure washer to wash it. Then fill a bucket with soap and water and wash each picket to eliminate grime and dirt. If you are re-painting, use gloves, a

safety mask and glasses to remove old paint with sandpaper, paint remover and a putty knife. Rinse the fence again with a hose or washer. Let the fence dry, then paint according to the manufacturer's directions in the appropriate weather (ensure rain is not forecasted or humidity too high for the paint to dry).

### Replacing pickets

Replacing pickets is a simple task for fences that have fallen into disrepair. Remove the old picket by hammering in the opposite direction of the nails, using a crow bar to finish. If you don't have a pre-made picket on hand, simply place the old one on a piece of wood that is the

same thickness and width to trace the outline, and then cut the new picket with an electric jigsaw. Attach the new picket by hammering two galvanized nails into each rail. Finish by staining or painting to match the rest of the fence.

### Other tips

To keep your fence in top shape, avoid soil build-up around the bottom by raking it regularly. This prevents wood from rotting and water damage. Watch for loose nails in your fence; they are a safety concern for kids and animals. If one is found, simply hammer it back in or remove and replace it.

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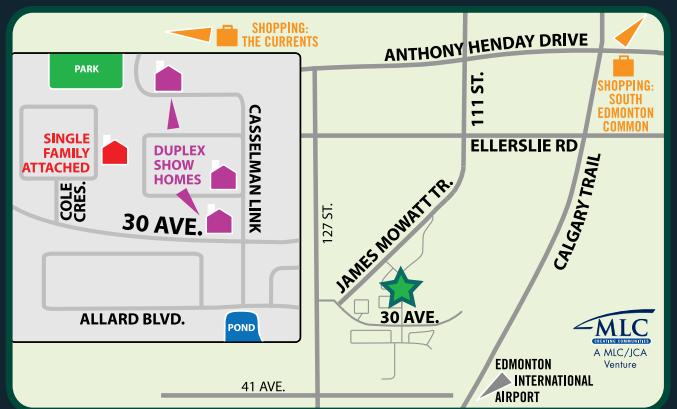
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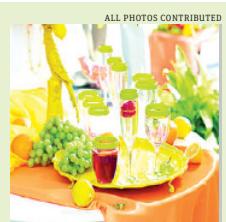
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# Ingredients for al fresco dining

## ► Enjoy a stylish summer picnic with great ease

Pack these for your next picnic, rooftop party or backyard barbecue. As for the food — you're on your own with that. And whether you're looking to fire up the grill in a snap, modernize your Tupperware collection or give an aging picnic table fresh life, these five quick and easy tips will get you there. **METRO**



### 1

#### Modern Tupperware

This isn't your mother's Tupperware.

The new, bright green and yellow cocktail glasses, serving bowls, appetizer tray and citrus press add instant style to any warm-weather gathering. \$19 to \$128; [tupperware.com](http://tupperware.com)



### 2

#### Get in the mood

Nothing adds mood lighting to your backyard or rooftop meals like the sweet glow from a lantern.

Martinique tall lantern, \$15; [crateandbarrel.com](http://crateandbarrel.com)



### 3

#### Instant makeover

Give that rusty picnic table a cheerful makeover with a colourful printed tablecloth.

Anthropologie Ikebana table cloth, \$78; [anthropologie.com](http://anthropologie.com)



### 4

#### Fire power

Zippo's latest, made with a flexible gooseneck and slim nozzle, is perfect for lighting up the grill or lantern.

Zippo Flex Neck Utility Lighter, \$20; [zippo.com](http://zippo.com)



### 5

#### Outdoorsy bowls

You can toss these cheerful melamine bowls into your backpack or picnic basket stress-free.

Working Class Studio, The Ben Collection melamine bowl, \$6 each; [amazon.com](http://amazon.com)



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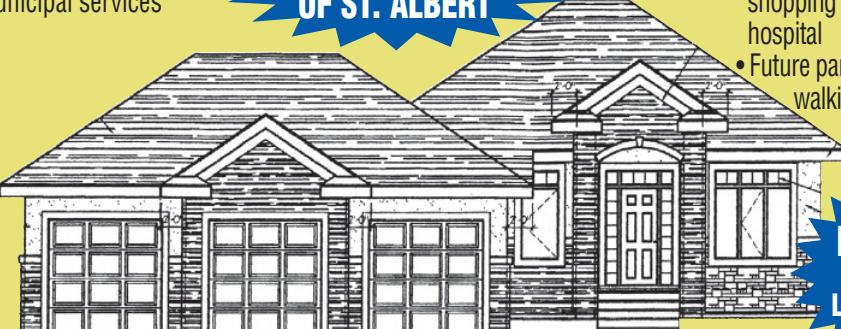
# Beware garden interlopers with nice-sounding names and looks

► Every family (or garden) has a black sheep ► One woman's unhappy affair with garlic mustard ► It spreads like wildfire but is easy to weed out

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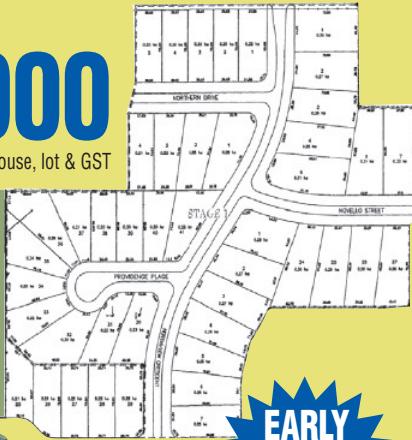
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► Looks can be deceiving — as one gardener found out with garlic mustard.

Like most drawn-out affairs, this one ended with rancour. A friend had introduced me to garlic mustard, our meeting coming at a time when I could look fondly upon any wild edible plant. That was many years ago, yet for the past couple of years tensions between us have escalated.

In retrospect, I can't really understand the attraction I had for garlic mustard. True, the name was appealing: You would think that any plant combining the flavours of garlic and mustard would have elicited affection that would linger, even grow, over the years.

Yet I can now look back with a clear mind and remember finding the taste ho-hum at best, biting at

worst. Beauty could not have held the relationship together either. Again, garlic mustard's appearance is ho-hum at best, ugly at worst. Picture a plant that in its first year grows a whorl of heart-shaped leaves. These leaves have teeth at their edges, and their slightly bluish cast further contributes to an ominous undercurrent.

Still, biting flavour and homely appearance are not what have turned me sour toward garlic mustard. What has done so is its persistence in trying to insinuate itself into my life. It's now just about everywhere, gallivanting around in nearly everyone's yard. There is just too much of it.

THE ASSOCIATED PRESS

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# Making garlic sexy

As long as you and your love both eat it, you're safe making this Quick Triple-Garlic Fettuccine for dinner. It takes only 20 minutes to complete.

## Preparation:

1 Bring large saucepan of well-salted water to a boil. Add pasta and cook according to package directions. Reserve 50 ml (1/4 cup) of the pasta cooking water, then drain pasta, return it to the saucepan and set aside.

2 While pasta cooks, in bowl, mix together butter and garlic powder.

3 In a skillet over medium heat, melt half of garlic butter. When butter sizzles, add half of minced garlic. Sauté 30 seconds or until begins to brown. Remove from heat; set aside.



4 Add remaining garlic powder-butter blend, sautéed garlic and any butter in the skillet, and the chili paste

to pasta and toss until butter is melted. Add all but 30 ml (2 tbsp) of the Parmesan and toss until melted and smooth. While tossing, add about 30 ml (2 tbsp) if the reserved pasta



cooking water and toss until smooth. Divide pasta between 2 serving plates, then top each with diced tomatoes and reserved Parmesan.

THE ASSOCIATED PRESS

## Ingredients:

- 250 g (8 oz) fettuccine pasta
- 50 ml (1/4 cup or 1/2 stick) butter, softened
- 15 ml (1 tbsp) garlic powder
- 4 large cloves garlic, minced
- 5 ml (1 tsp) chili paste (hot sauce can be substituted)
- 125 ml (1/2 cup) grated Parmesan cheese, divided
- 2 plum tomatoes, seeded and diced

## Ingredients:

- 4 fresh artichokes
- 3 lemons
- 4 garlic cloves
- 3 green onions
- 5 ml (1 tsp) olive oil
- 1 bunch each of mint, chives and flat-leaf parsley
- 1 cube poultry bouillon diluted in 150 ml (2/3 cup) water
- 250 ml (1 cup) white wine
- 60 ml (4 tbsp) old-style mustard
- Salt and pepper, to taste

## Preparation:

1 Prepare acidulated water by cutting lemons into halves and squeezing juice into bowl of water. Add juiced lemon sections to bowl; set aside.

2 Remove artichokes' outer leaves. Cut artichokes in half (lengthwise) and remove hairs. Soak in acidulated water, 10 minutes.

3 Thinly slice garlic and green onions and set aside. Heat frying pan. Add olive oil. Place artichokes cut-face down in pan; cover with garlic and green onions.

4 Add bouillon, wine and mustard to frying pan. Stir to combine. Add salt and pepper. Simmer, covered, for 30 minutes. Chop herbs. Remove artichokes from heat and sprinkle chopped herbs over artichokes. Serve.

THE CANADIAN PRESS/  
MAILLE OLD STYLE  
MUSTARD

# A cheesy take on steak strips



Combining tomatoes and crumbled blue cheese offers a new take on steak.

1 A tomato and blue cheese vinaigrette gives this meat dish a unique flavour. Recipe is speedy to make

## Preparation:

1 Prepare the grill for direct cooking over high heat (450° to 550°F).

2 Lightly brush the steaks on both sides with oil and season evenly with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.

3 In a medium bowl whisk the shallot, vinegar, mustard, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Slowly whisk in 2 tablespoons of oil, forming a smooth vinaigrette. Add the tomatoes and basil. Mix well.

4 Brush the cooking grates clean. Grill the

steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare-ups occur, move the steaks temporarily over indirect heat). Remove from the grill and let

rest for 3 to 5 minutes. Add the cheese to the vinaigrette. Mix gently. Serve the steaks warm with the vinaigrette spooned over the top.

NEWS CANADA/  
WEBER-STEPHEN PRODUCTS  
LLC. RECIPE FROM WEBER'S  
TIME TO GRILL BY JAMIE PUR-  
VIANCE

## Ingredients:

**Steaks**

- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

**Vinaigrette**

- 1 tablespoon minced shallot
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cups (about 20) cherry tomatoes, each cut into quarters
- 1/4 cup finely chopped fresh basil leaves
- 2 ounces crumbled Gorgonzola cheese (1/2 cup)

metro

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THURSDAY, JUNE 16, 2011

## FATHER'S DAY



## Grill up a storm for the master of your house

► Whether he's in the mood to feast like a king or grill like a master, Metro has some great recipes for happy bellies

 **JON TATTRIE**  
FOR METRO

Nothing says Happy Father's Day like a barbecue, so Metro consulted one of Canada's leading grillers about how to cook the perfect meat for your man this Sunday.

Ted Reader is the sultan of sizzle, the gourmet of the grill and the man GQ magazine dubbed the Crazy Canuck Barbecue

Kingpin. A new father himself, he'll be breaking out one of his 100 barbecues to cook up a meal for his family, including his father-in-law.

And that's his first piece of advice: let your man loose. "Dad may just want to grill his own, so help dad create that menu for father's day," he says. "We know dad's going to want to be master of his grill."

Helpers can hit the shops for meat and potatoes, and to mix up a big salad. Reader is cooking a 75-day dry-aged tomahawk rib chop. "I'm the one that's grilling that, because I want my steak my way," he says.

If your father would prefer to be fed, Reader has advice for greenhorn grillers. It is a family day, so invite your loved ones, keep the menu simple and

fun and supply lots of cold drinks.

Go for something like burgers or chicken. For burgers, make them fresh and keep them in the fridge for an hour after you assemble them so they firm up. Heat up the barbecue and grill them lid-open, medium heat. "Nice and easy does it. Don't push them, don't squish them," Reader advises.

Two of his recommended recipes are his Better Butter Burger and the Beerlicious Beer Butt Chicken, both available at [tedreader.com](http://tedreader.com).

Any time you feel the urge to poke it or cut it open to peek inside, stop and instead take a long drink of your beer or chocolate milk. "Patience is everything," he says. "The less you do, the better it is."

Top them as dad loves — for Reader, that means peanut butter, Miracle Whip, onions and a side of stinky cheese. Father's Day is not a time to be judgmental.

As soon as you're done, clean that grill. Grease comes off much easier when it's hot and your father won't relax if he knows it's solidifying for him to scrape off next time he's cooking.

## Beerlicious Beer Butt Chicken



► Let beer work some magic on the barbie.

### Ingredients:

- 1 chicken (3 to 4 lbs)
- ¼ cup BBQ dust seasoning
- 1 can of dad's choice beer
- 1 beer can chicken holder
- 2 aluminum foil pie plates
- 2 aluminum foil pie plates
- 1 cup BBQ beerlicious sauce

### Preparation

- 1 Preheat the grill to medium/high (450 F/230 C).

2 Wash the chicken inside and out with cold water and pat dry.

3 Rub the chickens inside and out with the dust seasoning, massaging well and pushing some under the skin directly onto the meat.

4 Open the can of beer and either take a big sip or pour off a couple of ounces to leave room for the roasting juices.

5 Place the can of beer in a beer can chicken hold-

er on a doubled pie plate or similar pan. Place the chicken cavity down over the can so that the can protrudes far enough into the cavity to stand the bird upright and hold it firmly.

6 Place the chicken set-up on the grill. Close the lid and roast for 20 minutes a pound (about 60 to 80 minutes).

7 Baste liberally with beerlicious sauce. Chicken is fully cooked when a thermometer inserted

into the thigh registers 170 F.

8 Remove the chicken from the beer can very carefully with tongs and a large fork. It will be very hot and there will be steam. Move to a platter and cover loosely with foil. Let rest for 10 minutes.

9 Carve the chicken and drizzle pan juices over it. Serve with extra beerlicious sauce. Serves 4.

RECIPE COURTESY  
OF TED READER



# BEST, DAD, EVER.

The Metro Life Panel asked: What are your Top 10 Memorable Moments With Dad? **Here's what you had to say...**

<b>1</b> Telling me bedtime stories	<b>6</b> Teaching me to drive a car
<b>2</b> First heart-to-heart conversation	<b>7</b> Dancing with Dad
<b>3</b> Walking me down the aisle	<b>8</b> First little league game
<b>4</b> Taking me to my first day of school	<b>9</b> Teaching me to ride a bike
<b>5</b> Baiting my first fishing hook	<b>10</b> Helping me move

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Source: Metro Life Panel survey; Based on 164 respondents



# At a loss for what to do with the boss?

► Check out Metro's suggestions for how to tailor-make his day ► Base your plans on what he'd love to do



Looking for something extra special to do with dad for Father's Day this year?

If so, how can you decide what to do?

"Think about the kind of father you're celebrating," suggests Ann Douglas, author of *The Mother of All Books* series.

"Is he the kind of guy who would want a big get-together with all generations of his family gathered around the dining room table?"

"Or would he prefer sharing a meal at a busy

restaurant? Or would he like a quieter kind of day?"

If you're looking for some fresh ideas, here are a few from Metro's list of 10 unique ways to celebrate dad this year.



CREATAS/THINKSTOCK

## 10 ways to make his day:

**1 Call on his inner Julia Child.** Instead of taking him out for brunch or dinner, why not try cooking a special meal with your favourite foodie at home? Either dad can sit back and relax, or you shop and cook up a special penne a la vodka together.

**2 Make a picnic ...** of all his favourite foods to surprise him with. Then, take the kids for a walk while dad snoozes off the fried chicken.

**3 Watch a movie.** A big bucket of popcorn, a large drink and a summer blockbuster can bring a smile to your cinephile's face.



**4 Get him a massage.** Aren't most dads' backs sore from all the kid-carrying? Send him to the spa for an hour-long massage to ease his muscles.

**5 Give the gift of time.** Hand him a six pack of his favourite micro-brew, an Adirondack or easy chair to sit in

and a book or TV remote. (Depending on what he prefers to do!) Then, make yourself and the kids scarce.

**6 Present a plan.** How about a day of golfing you've arranged for him and his friends, a day of fishing or lunch and afternoon tickets to the baseball game?

**7 Take him out.** Does dad like to take in events? Look into local festivals, car shows, rib fests or quieter options such as museums and galleries to find one that suits his taste.

**8 Find his running shoes.** Is dad a newbie runner? If so, pull on your runners and head out with him for a lovely spring run.

**9 Get dad out to nature.** Nature can be calming so if your dad loves all things green, plan a hike together along a new-to-him trail.

**10 Sleep, sleep, sleep.** Not only do you let dad sleep in, but you also clear the kids and yourself out so he can zonk on the couch.

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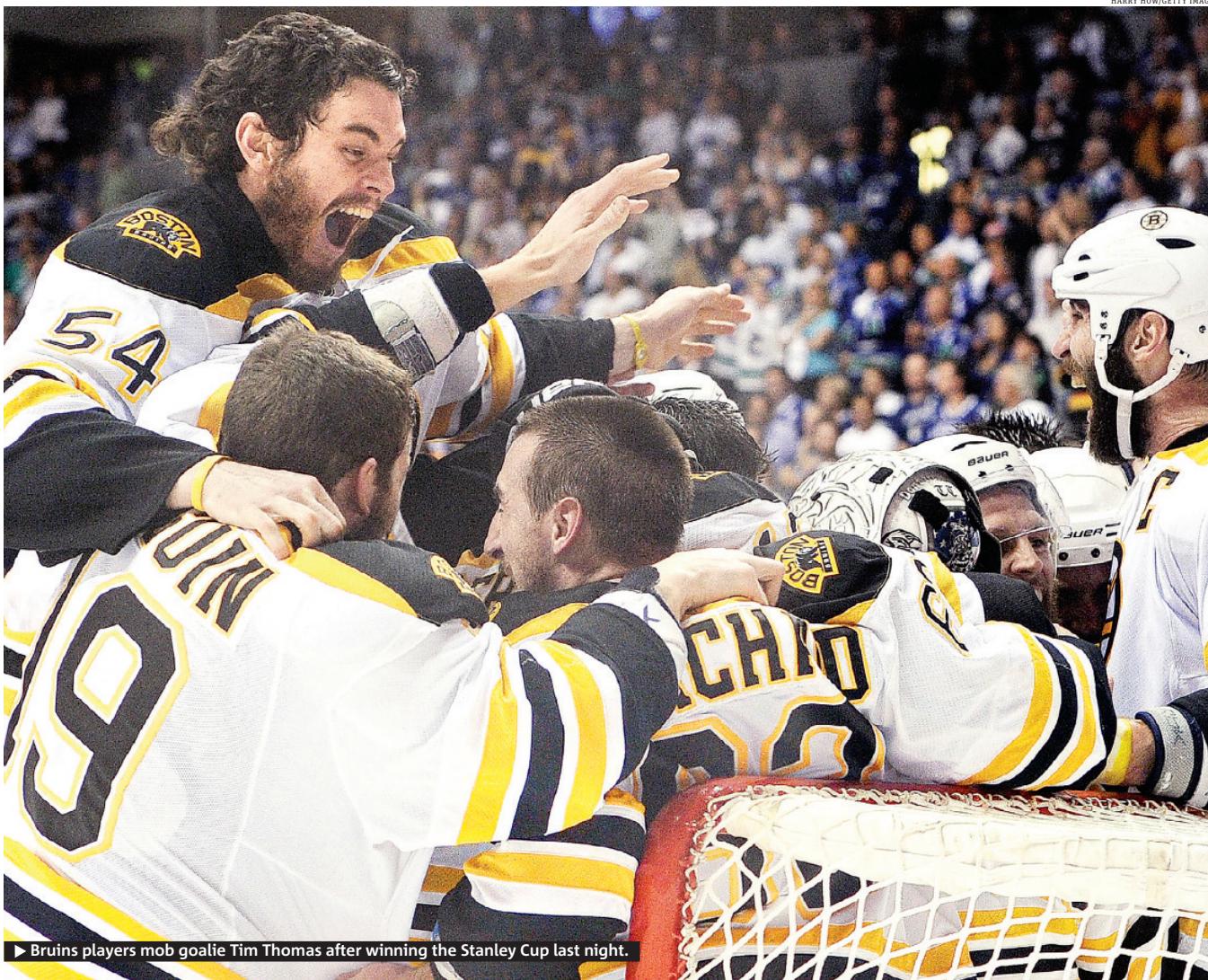
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# B's are the champions

► Bruins get two goals from Bergeron to beat Canucks in Game 7 and win Stanley Cup

Patrice Bergeron scored two goals, one of them short-handed, while goaltender Tim Thomas made 37 stops for the shutout as the Boston Bruins defeated the Vancouver Canucks 4-0 to win the Stanley Cup in a tension-filled Game 7 last night.

Rookie Brad Marchand scored twice, once into an empty net, and had an assist as the Bruins won their sixth Stanley Cup and the first since 1972. Defenceman Dennis Seidenberg had two assists.

Bergeron's short-handed goal in the second period was the dagger in the Canucks' heart. It made the score 3-0 and subdued a sold-out crowd of 18,860



at Rogers Arena.

Sent in on a breakaway, Bergeron was hauled down by Vancouver defenceman Christian Ehrhoff. They collided with Canucks goaltender Roberto Luongo and the puck slid into the net.

Luongo raised his arms in frustration but the referee quickly signalled a goal. The call was backed up by a video review.

Vancouver outshot Boston 37-21.

At the final whistle Bruins players streamed off the bench to mob Thomas, while the Canucks watched with their heads hung.

"We never made things easy on ourselves," veteran Mark Recchi told CBC after the game before hinting he would retire. "I knew Game 6 and 7 we were going to be there, and we did it. What a feeling this is. This is a hell of a way for me to go out, that's for sure."

Thomas was awarded the Conn Smythe Trophy as the most valuable player in the playoffs. The stocky goaltender who plays like a linebacker had another strong game, scrambling and diving to make saves. It was his fourth shutout of the playoffs and second against Vancouver.

He got help from a Bruins team that forced the Canucks to take long shots and quickly cleared the puck from in front of the net. That left Vancouver with few chances at rebounds.

It was a disappointing end to the best season in Canucks history. Vancouver had the best record in

the NHL and advanced to the Stanley Cup final for the first time in 17 years.

The Bruins forced Game 6 by beating the Canucks 5-2 Monday night in Boston.

Vancouver was gripped with the same excitement that seized the city during the 2010 Winter Olympics. A loud, towel-waving crowd began chanting "we want the cup" even before the national anthems. Across the city, thousands watched the game outdoors on big screens.

Actor William Shatner was in the crowd and the Green Men were in their seats beside the Bruins penalty box.

THE CANADIAN PRESS



Quoted



**"Every time we got our backs up against the wall and had to win, we did. Every time. To win it on the road in Game 7 is no easy task, and they came through. That's a testament to the character on that team."**

BRUINS GOALIE  
TIM THOMAS, SPEAKING  
TO THE CBC AFTER  
THE GAME.



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# Raonic no longer in spotlight

► **Media frenzy diminished by modest record in April and May**

The weight of expectation on Milos Raonic has diminished after his sensational start to the 2011 tennis season, and that may be good news for the hard-serving 20-year-old.

A fourth-round showing at the Australian Open in January, followed by an ATP title in San Jose, Calif., and a thrilling loss to Andy Roddick in the Memphis final propelled Raonic to instant fame in Canada. His world ranking jumped to No. 37 from 152 over a four-week period, and within another two-and-a-half months, he was sitting at No. 25.

But a modest 7-6 record at European clay-court events in April and May has seen the media frenzy calm to a point where his quarter-final performance last week at the pre-Wimbledon grass-court event in Germany went largely unnoticed.

Playing in his first professional grass-court event in Halle, Germany, Raonic won two rounds convincingly before falling 6-3, 6-7(6), 6-3 to Philipp Petzschner.

The crafty German led eventual champion Rafael Nadal two sets to one at Wimbledon last summer before losing 6-4, 4-6, 6-7(5), 6-2, 6-3. Petzschner then combined with Jur-

**"He has a great chance to reach the quarters or even the semis with his style."**

DANIEL NESTOR, TENNIS PRO

gen Melzer of Austria to win the doubles at Wimbledon.

"I'm very happy I'm playing so well on something, grass, that's a completely new experience for me, especially at this level," Raonic said last week. "It gives me a lot of confidence."

Doubles also figured in Raonic's preparation for next week's Wimbledon as he and Robin Haase of the Netherlands reached the Halle final, giving the Canadian four more matches of precious grass-court experience.

Following his first-round loss to unheralded German veteran Michael Berrer at the French Open, Raonic appeared jaded and spoke about being a rookie and still having a lot to learn about working out a tournament schedule that would keep him fresh and fit.

With his early exit at Roland Garros, and just the Halle tournament on grass, Raonic enters Wimbledon well rested.

THE CANADIAN PRESS

## BASEBALL

### Mauer set to return to Twins

Joe Mauer's return to the Minnesota lineup has been set for tomorrow.

Mauer finished his minor-league rehabilitation assignment by facing teammate Joe Nathan in a live batting-practice session in Florida yesterday. He hasn't played for the Twins since April 12, plagued by weakness and soreness in his legs and throwing shoulder.

Manager Ron Gardenhire said before yesterday's game against the Chicago White Sox in Minnesota that Mauer will travel today and start at catcher tomorrow

against the San Diego Padres.

"It was a lot longer than I had hoped," Mauer said after his workout. "But I got my work in, and I worked with a lot of great people down here. It was nice, but obviously I want to be up there in Minnesota and be up there playing. I feel like I'm ready to get out of here."

Mauer has played in only nine games this year because of his injuries, hitting just .235 with four RBIs in the first season of a \$184-million US, eight-year contract extension. He had arthroscopic knee surgery in December and said last month that his body wasn't ready when the season started.

Nathan said Mauer looked sharp.

"I threw him some pretty good breaking balls," Nathan said. "It's really just impressive to see the pitches he can take when he's down 1-2 in the count. I threw him a couple of sliders. He put a good swing on them. It's nice to see him find his swing again and start to feel good again."

Nathan pitched to Mauer and Twins prospect Miguel Sano at the team's spring training headquarters. Nathan has been on the disabled list since May 23 with soreness in his right forearm, a condition related to his recovery from Tommy John surgery last year. He struggled at the beginning of the season with a 7.63 earned-run average in 17 appearances.

THE ASSOCIATED PRESS

## Serena gets break in seeding

Defending champion Serena Williams was bumped up to No. 7 in the Wimbledon seedings — 19 places above her world ranking — yesterday, a position that will allow her to avoid playing the highest-ranked players until at least the quarter-finals.

Williams won her 13th Grand Slam title last year at the All England Club, but then stepped on broken glass, eventually leading to blood clots on her lungs, and was out of action for nearly a year. She returned to competitive tennis Tuesday at Eastbourne, coming back from a set down to beat Tsvetana Pironkova 1-6, 6-3, 6-4.

She was originally seeded No. 8, but the withdrawal of second-seeded Kim Clijsters moved the rest of the field up one spot.

"Listen, I don't ask for much. I would have been happy with 25, because I'm going to be in there fighting for every point and for everything," Williams said. "It doesn't matter where I'm seeded. I'm just going to give it 200 per cent like everyone else in the draw."

Wimbledon starts Monday. The draw is scheduled for tomorrow.

On the men's side, defending champion Rafael Nadal was seeded No. 1, followed by Novak Djokovic at No. 2, Roger Federer at No. 3 and Andy Murray at No. 4 — in line with their rankings.

Federer and Nadal have combined for the past eight titles at the All England Club.

For Federer, it's the first time he has been outside the top-two seedings at Wimbledon since 2003, the year he won the first of five straight titles at the grass-court Grand Slam.

Since Williams' injury, she has dropped to No. 26 in the WTA rankings. If Wimbledon organizers had seeded her according to her ranking, the four-time Wimbledon champion could have come up against a top player in the third round.

Her sister Venus, a five-time Wimbledon champion, was seeded No. 24.

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## NHL

## PLAYOFFS

All times Eastern

## STANLEY CUP FINAL

(Best-of-7 series)

VANCOUVER (W1) VS. BOSTON (E3)

(Boston wins series 4-3)

Last night's result

Boston 4 Vancouver 0

## STANLEY CUP CHAMPIONS

2010-11 - Boston Bruins

2009-10 - Chicago Blackhawks

2008-09 - Pittsburgh Penguins

2007-08 - Detroit Red Wings

2006-07 - Anaheim Ducks

## CONN SMYTHE TROPHY WINNERS

2011 - Tim Thomas, G, Boston

2010 - Jonathan Toews, F, Chicago

2009 - Evgeni Malkin, F, Pittsburgh

2008 - Henrik Zetterberg, F, Detroit

2007 - Scott Niedermayer, D, Anaheim

## BRUINS 4, CANUCKS 0

## First Period

1. Boston, Bergeron 5 (Marchand) 14:37

Penalties - None.

## Second Period

2. Boston, Marchand 10 (Seidenberg, Recchi) 12:13

3. Boston, Bergeron 6 (Seidenberg, Campbell) 17:35 (sh)

Penalty - Chara Bos (interference) 16:07.

## Third Period

4. Boston, Marchand 11, 17:16 (en)

Penalties - Hansen Vr (interference) 5:33,

Lucic Bos (hooking) 11:34.

## Shots on goal by

Boston 5 8 8 21  
Vancouver 8 13 16 37

Goal - Boston: Thomas (W,16-9); Vancouver: Luongo (L,15-10).

Power plays (goals-chances) - Boston: 0-1;

Vancouver: 0-2.

Referees - Dan O'Halloran, Stephen Walkom.

Linesmen - Jean Morin, Jay Sharrers.

Att. - 18,860 (18,810) at Vancouver.

## SCORING LEADERS

	G	A	PT
Krejci, Bos	12	11	23
H.Sedin, Vcr	3	19	22
St. Louis, TB	10	10	20
D.Sedin, Vcr	9	11	20
P.Bergeron, Bos	6	14	20
Marchand, Bos	11	8	19
Kesler, Vcr	7	12	19
Lecavalier, TB	6	13	19
Burrows, Vcr	9	8	17
Horton, Bos	8	9	17
Ryder, Bos	8	9	17
Purcell, TB	6	11	17
J.Thornton, SJ	3	14	17
Boyle, SJ	4	12	16
Clove, SJ	6	9	15
Datsyuk, Det	4	11	15
Couture, SJ	7	7	14
Recchi, Bos	5	9	14
Downie, TB	2	12	14
Marleau, SJ	7	6	13
Ward, Nash	7	6	13
Stamkos, TB	6	7	13
Kelly, Bos	5	8	13
Gagne, TB	5	7	12
Lucic, Bos	5	7	12
Peverley, Bos	4	8	12
Ehrhoff, Vcr	2	10	12
Giroux, Pha	1	11	12
Bergenhem, TB	9	2	11

Not including last night's games

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## MAJOR LEAGUE BASEBALL

## BLUE JAYS 4, ORIOLES 1

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	4	0	1	0	YFeross	4	1	3	1
Marks rf	2	1	1	0	CPrtrn lf	4	0	1	0
AdJons cf	3	0	0	0	Bautist lf	3	1	0	0
Guerr dh	4	0	1	0	Lind dh	3	1	2	2
Wielers c	4	0	1	1	JRiver 1b	4	1	3	1
D.Lee 1b	4	0	0	0	Arendt c	4	0	0	0
MrYnl 3b	2	0	0	0	A.Hill 2b	4	0	1	0
Reimld 3b	3	0	0	0	RDaivs cf	4	0	1	0
Andino 2b	2	0	0	0	J.Nix 3b	4	0	0	0
<b>Total</b>	<b>29</b>	<b>1</b>	<b>4</b>	<b>1</b>	<b>Totals</b>	<b>34</b>	<b>4</b>	<b>11</b>	<b>4</b>

## AMERICAN LEAGUE

## EAST DIVISION

	W	L	Pct	GB
Boston	40	27	.597	-
New York	38	28	.576	1 1/2
Tampa Bay	36	32	.529	4 1/2
Toronto	34	34	.500	6 1/2
Baltimore	30	35	.462	9

## CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	36	30	.545	-
Detroit	37	31	.544	-
Chicago	33	36	.478	4 1/2
Kansas City	30	37	.448	6 1/2
Minnesota	27	39	.409	9

## WEST DIVISION

	W	L	Pct	GB
Texas	36	33	.522	-
Seattle	34	34	.500	1 1/2
Los Angeles	33	36	.478	3
Oakland	28	40	.412	7 1/2

## Last night's results

Cleveland 6	Detroit 4
N.Y. Yankees 12	Texas 4
Toronto 4	Baltimore 1
Boston 3	Tampa Bay 0
Minnesota 4	Chicago White Sox 1
Kansas City 0	Oakland 0
L.A. Angels at Seattle	

## Tuesday's results

Detroit 4	Cleveland 0
N.Y. Yankees 12	Texas 4
Toronto 4	Baltimore 1
Boston 3	Tampa Bay 0
Minnesota 4	Chicago White Sox 1
Kansas City 0	Oakland 0
L.A. Angels at Seattle	

## Today's games

Baltimore (Guthrie 2-8)	Toronto (Z.Stewart 0-0)
Colorado 6	Baltimore 5 (11 inn.)
Tampa Bay 4	Boston 0
Chicago White Sox at Minnesota (ppd, rain)	
Kansas City 7	Oakland 4
L.A. Angels 4	Seattle 0
Baltimore (Guthrie 2-8)	Toronto (Z.Stewart 0-0)
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Tampa Bay 4	Boston 0
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L.A. Angels 4	Seattle 0
Baltimore (Guthrie 2-8)	Toronto (Z.Stewart 0-0)
Colorado 6	Baltimore 5 (11 inn.)
Tampa Bay 4	Boston 0
Chicago White Sox at Minnesota (ppd, rain)	
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## Crossword

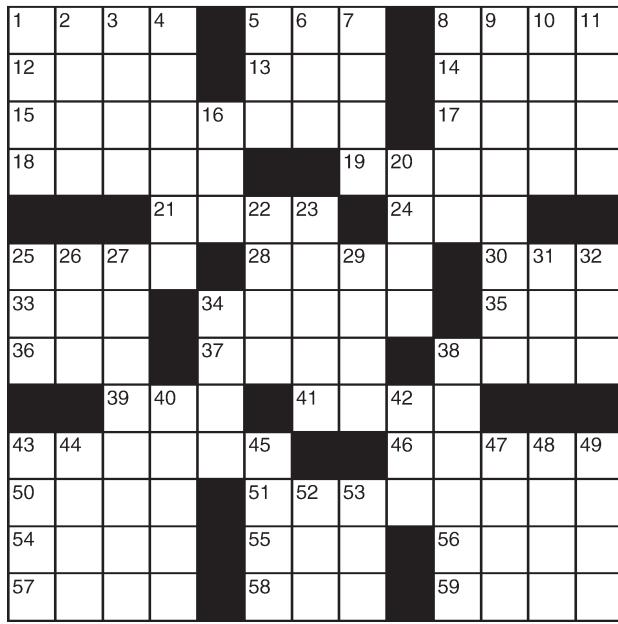
## Across

1 Con game  
5 Not-so-tall tale  
8 Front projection  
12 Needing a cane  
13 Earlier than  
14 Hold sway  
15 Intl. cartel  
16 Actress Gardner  
17 Elevator name  
18 Railyard sight  
20 Result  
22 Every last bit  
23 15-Across' product  
24 Gullets  
27 And so on  
32 — Beta Kappa  
33 Vast expanse  
34 Blue  
35 Unrelenting pest  
38 Snakes  
39 Storm center  
40 Keyboard abbr.  
42 Take out of context?  
45 Small yellow fruit used in preserves

49 Vicinity  
50 "Hail!"  
52 Loosen  
53 Optimistic  
54 Family member  
55 Particular  
56 Being, to Brutus  
57 "Of course"  
58 "Piggies"

## Down

1 Messy guy  
2 Mafia bigwig  
3 MasterCard alternative, briefly  
4 Gathering places



5 Intrepid  
6 Mr. Robbins who partnered with Burt  
7 Baskin  
8 Suitor  
9 Toaster's word  
10 Cruel  
11 Medley  
12 Into the sunset  
13 Mr. Pacino  
14 "Ulalume" writer  
15 Speedometer stat  
16 "Caught ya!"  
17 Brit's radio  
18 Ball-bearing gizmo  
29 Negligent  
30 Knock  
31 Billboards  
32 Sailor's assent  
33 Collection  
34 Find not guilty  
35 Therefore  
36 Challenge  
37 Love deity  
38 Do — others ..."  
39 Zip- — Doo-Dah"  
40 River, NJ  
41 Struggle (for)  
42 RASH  
43 CAN  
44 EPEE  
45 AWE  
46 BELT  
47 RYER  
48 ELOPE  
49 IRON  
50 NEST

## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♈ Aries** March 21-April 20 Today, you will find it easy to open up and let those you care for know what they mean to you.

**♉ Taurus** April 21-May 21 Mercury's move into the communications area of your chart makes it easy to find the right words.

**♊ Gemini** May 22-June 21 Have fun today, but keep an eye on your financial situation.

**♋ Cancer** June 22-July 22 Remind everyone that you don't mind them asking favours but you do mind them giving orders.

**♌ Leo** July 23-Aug. 23 If you don't feel like being sociable today, you don't have to make an effort.

**♍ Virgo** Aug. 24- Sept. 22 If something you would have preferred to stay secret becomes public knowledge today, don't deny it.

**♎ Libra** Sept. 23-Oct. 23 Think big, act big and expect a big breakthrough over the next 24 hours.

**♏ Scorpio** Oct. 24-Nov. 22 If you are asked to go on a trip of some kind (one you fear may bore you), don't turn it down. It could change your life.

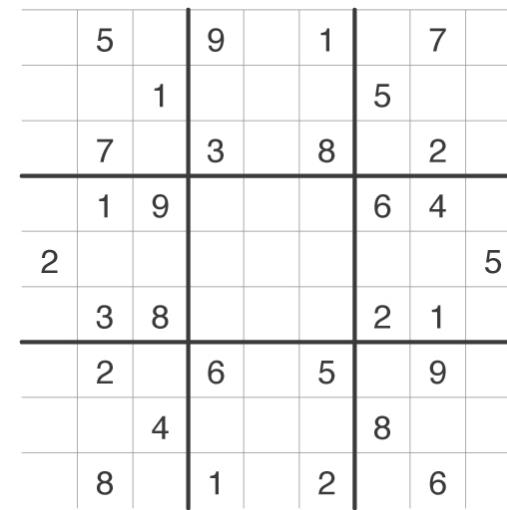
**♐ Sagittarius** Nov. 23-Dec. 21 Your ability to notice patterns where others see only individual events, will be useful today.

**♑ Capricorn** Dec. 22-Jan. 20 You need to be more assertive, especially if you have let friends make decisions for you.

**♒ Aquarius** Jan. 21-Feb. 18 No matter how well things are going, you can't keep this pace.

**♓ Pisces** Feb. 19-March 20. Is thinking you must make amends for something you did a long time wise?  **SALLY BROMPTON**

## Sudoku



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

pumpkin noodle happy anniversary! this year has been amazing. i look forward to many more. i love you very much. **YOUR ANDREA**

Bear, ur the best thing that happend to me. Words can't explain how much i love & need you. Thank you for being there for me through thick & thin you know ill be there for you 2. I know right now its a little bumpy but im 100% it will all work out in the end, TKM, i love you with all mi corazoncito \*muah **MAMI**

Mr. Big, you make the butterflies in my stomach go wild. I can't believe that it has already been two beautiful weeks... I can't wait to wake up next to you every morning so we can make breakfast together. I love you so much!

**SWEET BUNS**



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

**Monday's answer** ►



## A look at the weather

## TODAY



Min 12°  
Max 16°

## FRIDAY



Min 11°  
Max 17°

## SATURDAY



Min 9°  
Max 16°

## Michele McDougall



BREAKFAST  
TELEVISION

Weather Specialist  
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6 AM



## Caption contest



"When it comes to fashion, I don't horse around!"  
SHELLEY



**WIN!** **You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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All kisses will appear online and a selection will appear in print too!

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The most fuel-efficient Compact Intelligent All-Wheel Drive vehicle in Canada. This is Fighting Carformity at its best. Its 150-hp 2.0L engine, 16" Aluminum Alloy Wheels, and European-tuned suspension will take you on any side street or highway life demands.

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\$139  
Bi-Weekly**

**Purchase  
Financing**

**0 %**

**for 72 months**



**2011 KIZASHI SX iAWD**

Kizashi fights Carformity. How? First, it offers true power of control with a superb chassis that delivers crisp and precise handling. Then, Kizashi comes fully loaded with what others call options. Fuel-efficient 180-hp 2.4L engine, Intelligent All Wheel Drive (iAWD), SmartPass™ Keyless Entry, and Rockford Fosgate Premium Audio System are just a few examples. This midsize sedan Fights Carformity on all levels.

**OWN IT FOR**

**\$199  
Bi-Weekly**

**Purchase  
Financing  
0.9 %  
for 72 months**



**2011 GRAND VITARA JX 4WD**

Fight Carformity with a Compact SUV that has the off-road capabilities and practicality of an authentic SUV, along with on-road comfort and convenience. Grand Vitara's SmartPass™ Keyless Entry and Start system, Electronic Stability Program (ESP), Class-leading towing capacity<sup>1</sup>, and fuel-efficient engine will make your journey more enjoyable. It's Suzuki's leading candidate to Fight Carformity off-road as well as on.

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**\$175  
Bi-Weekly**

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Financing  
0 %  
for 72 months**



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